

Word	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
Self-image					
consider (sb) + adj		phr	/kən'sɪdə(r)/	to think about someone's feelings or reactions	I consider myself lucky to live in such a nice house.
consider (sb) to be ...		phr	/kən'sɪdə(r) tə 'bi:/	to have a particular opinion about someone or something	I consider myself lucky to be alive.
describe (sb) as ...		phr	/dɪ'skraɪb əz/	to say that someone or something is a particular type of person or thing	Was this the man she had once described as a hero?
proud to + infinitive		phr	/'praʊd ɪtu:/	feeling happy about something you are connected with	There was a time when we were proud to wear the Union Jack.
see (sb) as ...		phr	/'si: əz/	to consider someone or something in a particular way	I don't see myself as an old-age pensioner.
think of (sb) as ...		phr	/'θɪŋk əv əz/	to have a particular opinion about someone or something	I think of myself as a European, but I've lived in the US for the last ten years.
Describing people					
average	***	adj	/'æv(ə)rɪdʒ/	around a usual or ordinary level or standard	Police are looking for a man of average build.
bald	*	adj	/'bɔ:ld/	with little or no hair on your head	He went bald when he was quite young.
blond	*	adj	/'blɒnd/	blonde hair is pale yellow in colour	She has long blonde hair.
build	*	n C	/'bɪld/	the size and shape of someone's body	He was of medium build and about my height.
complexion	*	n C	/'kɒm'pleksj(ə)n/	the appearance of the skin on someone's face, and whether it is pale, dark, smooth etc	He has an oily complexion.
dark	***	adj	/'dɑ:(r)k/	if a white person is described as being dark, they have brown or black hair and sometimes skin that is not light in colour	He was a tall dark man.
healthy	***	adj	/'helθi/	showing that you are physically strong and not ill	She's got a healthy complexion.
muscular		adj	/'mʌskjʊlə(r)/	very strong and attractive, with muscles that have been developed through exercise	He was tall, blond, and muscular.
narrow	***	adj	/'nærəʊ/	small in width, especially when compared to how high or long something is	She has a thin face and a long, narrow nose.
pale	***	adj	/'peɪl/	a pale person has skin that is lighter than usual because they are ill, shocked, or worried	When he returned, he looked pale and weary.
pointed	*	adj	/'pɔɪntɪd/	with a point at the end	He's got a long, pointed chin.
prominent	**	adj	/'prɒmɪnənt/	sticking out	She has very prominent cheekbones.
round	***	adj	/'raʊnd/	shaped like a circle or a ball	Which hairstyles would look good with a round face like mine?
shaved		adj	/'ʃeɪvd/	with the hair removed	He has a shaved head.

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shiny	*	adj	/ˈʃaɪni/	something that is shiny has a bright surface that reflects light	She had shiny black hair.
slim	**	adj	/slɪm/	thin in an attractive way	She had a slim youthful figure.
straight	**	adj	/streɪt/	straight hair has no curls or waves	He's got straight brown hair.
tanned		adj	/tænd/	someone who is tanned has darker skin than before because of spending time in the sun	He was very tanned.
wavy		adj	/ˈweɪvi/	a wavy line or wavy hair has a lot of waves or curls in it	She has wavy blonde hair.
wide	***	adj	/waɪd/	measuring a large distance from one side to the other	He has a big nose and a wide head.
Other words & phrases					
agency	**	n C	/ˈeɪdʒ(ə)nsi/	a business that provides a service for people or companies, especially by giving them information or making arrangements	He lied his way into a job with a successful advertising agency.
analyst	**	n C	/ˈænəlist/	someone whose job is to carefully examine a situation, event, etc in order to provide other people with information about it	Political analysts are not sure what the outcome will be.
arrest	**	v	/əˈrest/	if the police arrest someone, they take that person to a police station because they believe he or she has committed a crime. Someone who has been arrested is under arrest, and if they are not allowed to leave, they are in custody	Police raided the store at dawn, arresting six men and seizing hundreds of pirated CDs.
arrogant	*	adj	/ˈærəɡənt/	someone who is arrogant thinks they are better or more important than other people and behaves in a way that is rude and too confident	He made an extremely arrogant remark.
automatic	**	n C / adj	/ˌɔːtəˈmætɪk/	an automatic weapon	Mitty is holding a heavy automatic and the crowd believe him.
ban	**	v	/bæn/	to say officially that people must not do, sell, or use something	The book was banned from school libraries.
base	***	n C	/beɪs/	a place from which an activity can be planned, started, or carried out	Terrorists had been using the warehouse as a base for their operations.
beefeater		n C	/ˈbiːf.iːtə(r)/	a guard at the Tower of London who wears a traditional red uniform and black hat	The guards at the Tower are popularly known as Beefeaters.
bite	**	v	/baɪt/	to use your teeth to cut or breaksomething, usually in order to eat it	She bit into her sandwich.
bottom	***	n C / adj	/ˈbɒtəm/	in the lowest place or part	Look at the bottom half of the page.
career	***	n C	/kəˈrɪə(r)/	a job or series of related jobs that you do, especially a profession that you spend a lot of your working life in	Choosing a career can be a very difficult decision.
cashier		n C	/kæʃɪə(r)/	someone whose job is to receive or give money in a shop, bank etc	She gave the money to the cashier.
challenge	***	n C	/ˈtʃælɪndʒ/	something that needs a lot of skill, energy, and determination to deal with or achieve, especially something you have never done before and will enjoy doing	I was bored with my job and felt I needed a new challenge.

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chaos	**	n U	/ˈkeɪɒs/	a situation in which everything is confused and in a mess	Six months after the revolution, the country is still in chaos.
chew	**	v	/tʃuː/	to use your teeth to bite food in your mouth into small pieces so that you can swallow it	High-fibre foods take longer to chew.
citizen	***	n C	/ˈsɪtɪz(ə)n/	someone who has the right to live permanently in a particular country and has the right to the legal and social benefits of that country as well as legal obligations towards it	She married an American and became a US citizen.
clever	**	adj	/ˈkleɪvə(r)/	good at learning or understanding things	I'd like to be a doctor but I'm not clever enough.
clip	*	n C	/klɪp/	a short part of a film, television programme, or news story that is shown separately	In another clip, Portillo is working behind the cash till at the supermarket.
coalition	**	n C	/ˌkəʊəˈlɪʃ(ə)n/	a temporary union of different political parties that agree to form a government together	The Greens have agreed to join the coalition government.
courtroom		n C	/ˈkɔː(r)tˌruːm/	a room where legal cases are judged	Cheers rose from the courtroom when the verdict was given.
crossword	*	n C	/ˈkrɒs,wɜː(r)d/	a word game on paper, in which the answers to questions called clues are written in rows of squares that cross each other so that some letters are shared	He likes doing a crossword puzzle in the evenings.
cucumber		n C	/ˈkjuː.kʌmbə(r)/	a long thin vegetable that has a dark green skin and is white inside. It is usually eaten raw in salads	The're selling organic cucumbers.
decent	**	adj	/ˈdiːs(ə)nt/	good, or good enough	Are there any decent restaurants around here?
deputy	***	n C / adj	/ˈdepjuti/	someone whose job is the second most important in a department or organization, and who takes the responsibilities of the most important person in some situations	He's the deputy ambassador to Sweden.
dial	*	v	/ˈdaɪəl/	to press the buttons, or to turn the dial, on a telephone in order to call someone	In an emergency dial 999.
diplomacy		n U	/dɪˈpləʊməsi/	the ability to deal with people in a sensitive way that does not upset or offend them	Tact and diplomacy are skills that every good receptionist has.
election	***	n C	/ɪˈleɪʃ(ə)n/	an occasion when people vote for someone to represent them, especially in a government	Only about 20% of the people voted in the local government elections.
emergency services		n pl	/ɪˈmɜː(r)dʒənsɪ, sɜːvɪsɪz/	the organizations that deal with fire, crime, accidents, and injuries, for example the police and the fire services	What number you do dial for the emergency services?
episode	**	n C	/ˈepɪsəʊd/	a part of a television or radio story that is broadcast separately and forms one of a series	I can't wait to see the next episode.
executive	**	n C / adj	/ɪgˈzɛkjʊtɪv/	a senior manager in a business or other organization	I attended a meeting with some of the company's top executives.
expert	***	n C	/ˈɛkspɜː(r)t/	someone who has a particular skill or who knows a lot about a particular subject	I need to speak to a computer expert.

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eye-opener		n C	/ˈaɪ ɔʊp(ə)nə(r)/	a situation that shows you something surprising that you did not know before	Visiting people in prison was a real eye-opener for me.
face	***	v	/feɪs/	to accept that a bad situation exists and try to deal with it	We have to face the reality that, so far, the treaty has had little effect.
fake		n C / adj	/feɪk/	made to look like something real in order to trick people	He tried to enter the country on a fake passport.
fidget		v	/ˈfɪdʒɪt/	to keep making small quick movements with parts of your body because you are bored, nervous, or impatient	He's fidgeting and nervous.
fireworks		n pl	/ˈfaɪə(r),wɜː(r)ks/	an object that explodes when you light it and produces coloured lights and loud noises	The firework display was really impressive.
fit	**	adj	/fɪt/	healthy, strong, and able to do physical exercise without getting very tired	Running around after the kids keeps me fit.
flatly		adv	/ˈflætli/	in a firm and definite way intended to end discussion of a subject	She flatly refuses to listen to him.
fuel	***	n U	/ˈfjuːəl/	petrol or diesel used in vehicles	She's got a car that runs on unleaded fuel.
get away with (sth)		v	/get əˈweɪ wɪð/	to manage to do something bad without being punished or criticized for it	He thinks he's getting away with it, but his body and his voice are giving him away.
give (sb) away		v	/ˌgɪv əˈweɪ/	to reveal information or facts about someone that should be secret	His disguise was brilliant, but his shoes gave him away.
govern	**	v	/ˈgʌvə(r)n/	to control and manage an area, city, or country and its people	The region is now governed by Morocco.
headquarters	**	n pl	/hedˈkwɔː(r)tə(r)z/	the place where a company or organization has its main offices: can be followed by a singular or plural verb	It is the headquarters of the Secret Service.
hero	**	n C	/ˈhɪərəʊ/	the main male character of a book, film, or play, who usually has good qualities. The main female character is called the heroine.	Walter Mitty is the hero of a short story by James Thurber.
honest	**	adj	/ˈɒnɪst/	a person who is honest does not tell lies or cheat people, and obeys the law	Most young people are decent and honest.
imaginary	*	adj	/ɪˈmædʒɪnəri/	not real but only created in your mind	A lonely child sometimes creates an imaginary friend to play with.
immigrant	*	n C	/ɪˈmɪgrənt/	someone who comes to live in a country from another country	It's an area with a large immigrant population.
impress	**	v	/ɪmˈpres/	if someone or something impresses you, you admire them	What impressed me was their ability to deal with any problem.
impression	***	n C	/ɪmˈpreʃ(ə)n/	an opinion or feeling that you have about someone or something you have seen but do not know very well	I have the impression that she's very good at her job.
instrument	***	n C	/ɪnstrʊmənt/	a musical instrument, for example a piano or a guitar	Do you play an instrument?
invade	*	v	/ɪnˈveɪd/	to take or send an army into another country in order to get control of it	The island was invaded during the war.
invasion	**	n C	/ɪnˈveɪz(ə)n/	an occasion when one country's army goes into another country to take control of it by force	We learnt about the Roman invasion of Britain under Julius Caesar.

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irrelevant	**	adj	/ɪ'reləvənt/	not important or not relevant to what you are discussing or doing	That was an irrelevant remark.
karaoke		n U	/ˌkærɪ'əʊki/	a type of entertainment in which people sing popular songs while recorded music is played	The local pub is holding a karaoke night on Friday.
kid	***	n C	/kɪd/	a child	There was a group of kids playing football in the street.
landlord	**	n C	/ˈlænd(ɪ)lɔ:(r)d/	a man who owns a house, flat, or room that people can rent	The landlord collects the rent every month.
liar		n C	/ˈlaɪə(r)/	someone who tells lies	Don't trust him. He's a liar.
lie	***	v/n C	/laɪ/	to deliberately say something that is not true	It was obvious that she was lying.
lifestyle	**	n C	/ˈlaɪfˌstɑɪl/	the type of life that you have, for example the type of job or house you have or the type of activity you like doing	I try to live a healthy, outdoor lifestyle.
likeable		adj	/ˈlaɪkəb(ə)l/	pleasant, friendly, and easy to like	Dave is a likeable character.
lip	***	n C	/lɪp/	one of the two edges that form the top and bottom parts of your mouth	His thin red lips stretched into a smile.
live off (sth/sb)		v	/ˈlɪv ɒf/	to depend on someone or something for the money or food that you need	He's 25 and still living off his parents.
look up to		v	/lʊk 'ʌp tu/	to admire and respect someone	He's a role model for other players to look up to.
marital		adj	/ˈmæɪrɪt(ə)l/	relating to marriage	I've heard they're having marital problems.
modest	**	adj	/ˈmɒdɪst/	a modest person does not like to talk about themselves, their achievements, or their abilities, even if they are successful	He comes across as very modest.
multiculturalism		n U	/ˌmʌltɪ'kʌltʃərəˌlɪz(ə)m/	the belief and practice of giving equal importance to each of the different cultures in a society	Britain is coping with the challenges of multiculturalism.
mum	**	n C	/mʌm/	a mother. This word is used by people to talk about or talk to their mother.	It's my mum's birthday tomorrow.
noodle		n C	/ˈnu:d(ə)l/	a type of pasta in the form of long thin pieces that cook quickly	The dish can be served with rice or noodles.
old-age pensioner		n C	/ˌəʊld eɪdʒ 'penʃ(ə)nə(r)/	someone who receives a pension from the government after they reach the age when they are officially old enough to stop working	My grandmother is an old-age pensioner.
palm	**	n C	/pɑ:m/	the inside part of your hand, between your fingers and your wrist	The captain slapped his palm on the desk.
parliament	***	n C	/ˈpɑ:(r)ləmənt/	the main law-making institution in some countries. In the UK, Parliament consists of politicians elected to the House of Commons and members of the House of Lords	Parliament decided today to ban mobile phone use while driving.
patiently		adv	/ˈpeɪʃ(ə)ntli/	in a patient manner	But he listens patiently to the teacher and by the middle of the week he's doing much better.
patriotism		n U	/ˈpætrɪəˌtɪz(ə)m; 'peɪtrɪəˌtɪz(ə)m/	strong feelings of love, respect, and duty towards your country	He denounced the pacifists for their lack of patriotism.

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phase	***	n C	/feɪz/	a time in a person's development or life when they behave in a particular way	Don't worry about Tina – I'm sure it's just a phase.
pigeon	*	n C	/ˈpɪdʒ(ə)n/	a brown or grey bird that often lives in cities	I spent my lunch hour feeding the pigeons in the park.
political	***	adj	/pəˈlɪtɪk(ə)l/	relating to politics	I don't understand the political system in the US.
politician	***	n C	/ˌpɒləˈtɪʃ(ə)n/	someone who has a job in politics, especially a Member of Parliament	He blackmailed several famous politicians.
pretend	**	v	/prɪˈtend/	to claim that something is true when it is not	He doesn't pretend to enjoy the work, but he says that the atmosphere is much nicer than in the Houses of Parliament.
racism	*	n U	/ˈreɪˌsɪz(ə)m/	a way of behaving or thinking that shows that you do not like or respect people who belong to races that are different from your own and that you believe your race is better than others	They promised to continue the struggle against racism.
rare	***	adj	/reə(r)/	not happening very often	In a rare moment of honesty, he told her what he had done.
reality TV		n U	/rɪˌælətɪ tv: ˈvɪ:/	television programmes that do not use professional actors but show real events and situations involving ordinary people	What goes on behind the scenes of reality TV shows?
reaction	***	n C	/rɪˈækj(ə)n/	the way that you feel or behave as a result of something that happens	My mother's initial reaction was quite unexpected.
rebellious		adj	/rɪˈbeljəs/	opposing authority or accepted ways of doing things	She's going through a very rebellious phase.
refugee	**	n C	/ˌrefjʊˈdʒi:/	someone who leaves their country, especially during a war or other threatening event	Thousands of refugees have entered the camps along the borders in recent days.
reviewer		n C	/rɪˈvju:ə(r)/	someone whose job is to write articles in a newspaper or magazine giving their opinion about a new play, book, art exhibition etc	She works as a reviewer for various publications.
rhythm	**	n C	/ˈrɪðəm/	a regular pattern of sounds or movements	She likes the rhythm of his speech.
right-wing	*	adj	/ˌraɪtˈwɪŋ/	conservative in your political views	The Conservative Party is traditionally more right-wing than the Labour Party.
salary	**	n C	/ˈsæləri/	a fixed amount of money that you earn each month or year from your job	She earns an annual salary of £25,000.
self-important		adj	/ˌselfɪmˈpɔ:(r)t(ə)nt/	behaving in ways that show you think you are more important than everyone else	The manager was a self-important fellow who strutted about the office barking instructions.
series	***	n C	/ˈsɪəri:z/	a set of television or radio programmes that are all about a particular subject, person, or group of people	They've made a hit television series.
sincere	*	adj	/sɪnˈsɪə(r)/	talking and acting in a way that shows you really mean what you say and do	He is a modest and sincere man.
single parent		n C	/ˌsɪŋg(ə)l ˈpeərənt/	a parent who raises their children alone, without a partner	There has been a steady increase in the number of single parents.

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socialist		adj / n C	/ˈsəʊʃəlɪst/	having political views which support the idea of a society in which everyone has equal opportunities	The Labour Party is a socialist party.
spot	**	v	/spɒt/	to notice someone or something	Hugh was spotted by local police and had to leave quickly.
stage	***	n C	/steɪdʒ/	the part of a theatre where the actors or musicians perform	They had now been on stage for over four hours.
stand for		v	/ˈstænd ˌfɔː/	to try to get chosen in an election for a particular position or as a member of a particular institution	He has been Secretary of State for Defence and he has stood for leadership of the Tory party, but in tonight's programme he takes on a whole new challenge.
status	***	n U	/ˈsteɪtəs/	the legal position of a person, country etc	Will I be officially self-employed, or will I have employee status?
stubborn	*	adj	/ˈstʌbə(r)n/	a stubborn person is not willing to change their ideas or to consider anyone else's reasons or arguments	He strikes me as a rather stubborn person.
sweaty		adj	/ˈsweti/	covered in sweat, or smelling of sweat	We got very hot and sweaty playing football.
stumble	*	v	/ˈstʌmb(ə)l/	to fall or almost fall while you are walking or running	Cheryl's horse stumbled, throwing her to the ground.
talent	**	n C / U	/ˈtælənt/	a natural ability for being good at a particular activity	She had an obvious talent for music.
telltale		adj	/ˈtelɪteɪl/	telltale signs of something are obvious signs that it exists or it has happened	A high temperature is one of the telltale signs of the illness.
tension	***	n U	/ˈtenʃ(ə)n/	the degree to which something such as a rope or muscle is pulled tight	Can you feel the tension in your neck and shoulders?
till		n C	/tɪl/	a machine with containers for holding bills and coins that shows customers in stores how much they have to pay	He's working behind the cash till at the supermarket.
traditionally		adv	/trəˈdɪʃ(ə)nəli/	in a way that relates to or is based on very old customs, beliefs, or stories	April in North Korea is traditionally a month of festivals.
typical	***	adj	/ˈtɪpɪk(ə)l/	like most people or things of the same type	What do you do on a typical working day?
unfair	**	adj	/ʌnˈfeə(r)/	not fair or reasonable	It is grossly unfair to suggest that the school was responsible for this accident.
volunteer	**	n C / v	/ˌvɒləntɪə(r)/	someone who offers to do something without being forced	Can I have a volunteer to clean the board, please?

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Phrasal verbs					
bring together		phr	/ˌbrɪŋ tə'geðə(r)/	to create a situation in which people meet and do something together, especially when they would not usually do so	The event was unique in bringing together politicians, business leaders, and academics.
break down		phr	/ˌbreɪk 'daʊn/	if a machine or vehicle breaks down, it stops working	The car broke down just outside Winchester.
come across		phr	/ˌkʌm ə'krɒs/	to meet someone, or to find something by chance	I came across a word I'd never seen before.
drop (sb) off		phr	/ˌdrɒp 'ɒf/	to take someone to a place in a car, usually without getting out of the car yourself	Can you drop the kids off at school this morning?
get by		phr	/ˌget 'baɪ/	to have just enough of something such as money or knowledge so that you can do what you need to do	I couldn't possibly get by on £500 a month.
get over (sth)		phr	/ˌget əʊvə(r)/	to start to feel happy or well again after something bad has happened to you	Don's pretty upset, but he'll get over it.
give (sth) up		phr	/ˌgɪv 'ʌp/	to stop doing something that you do regularly	I've tried to give up many times.
look after (sb)		phr	/ˌlʊk 'ɑːftə(r)/	to take care of someone or something and make certain that they have everything they need	It's hard work looking after three children all day.
pick (sb) up		phr	/ˌpɪk 'ʌp/	to take someone who is waiting by the road into your vehicle and take them somewhere	Yellow cabs are the only taxis that can pick up passengers on the streets of New York.
pull out		phr	/ˌpʊl 'aʊt/	if a vehicle or driver pulls out, they move onto a road or onto a part of a road where the traffic is moving faster	A big truck pulled out in front of me.
run into (sb)		phr	/ˌrʌn 'ɪntuː/	to meet someone when you did not expect to	Guess who I ran into this morning?
see (sb) off		phr	/ˌsiː 'ɒf/	to go somewhere such as a station or airport with someone in order to say goodbye to them	Anne saw Terry off at the station.
set out		phr	/ˌset 'aʊt/	to start a journey	After a three-day rest, the travellers set out again.
settle down		phr	/ˌset(ə)l 'daʊn/	to make yourself comfortable in a place, especially in order to do something that will take a lot of time or effort	I settled down in front of the television for the evening.
sort out		phr	/ˌsɔː(r)t 'aʊt/	to do what is necessary to deal with a problem, disagreement, or difficult situation successfully	This matter could be sorted out if they would just sit down and talk.
stand up for (sth)		phr	/stænd 'ʌp ˌfɔː(r)/	to defend someone or something that is being criticized or attacked	You've got to stand up for what you believe in.
stop off		phr	/ˌstɒp 'ɒf/	to visit somewhere before continuing to another place	We stopped off in town on the way to Jenni's house.
turn in		phr	/ˌtɜː(r)n 'ɪn/	to go to bed at night	We turned in and got some sleep.
Travel					
catch a bus/plane/train		phr	/ˌkætʃ ə 'bʌs/'pleɪn/ 'treɪn/	to get on a train, bus, plane, or boat that is travelling somewhere	I caught the next train back to London.

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get in a bus/car/taxi		phr	/get ɪn ə 'bʌs/ 'kɑ:(r) 'tæksi/	to go from being outside a bus/car/taxi to being inside	Let's get in the taxi.
get out of a bus/car/taxi		phr	/get ɔʊt əv ə 'bʌs/ 'kɑ:(r) 'tæksi/	to go from being inside a bus/car/taxi to being outside	We need to get out of the car here.
get off a bus/plane/train		phr	/get ɒf ə 'bʌs/ 'pleɪn/ 'treɪn/	to go from being inside a bus/plane/train to being outside	I need to get off the bus at the next stop.
get on a bus/plane/train		phr	/get ɒn ə 'bʌs/ 'pleɪn/ 'treɪn/	to go from being outside a bus/plane/train to being inside	We should get on the train now.
miss a bus/plane/train		phr	/,mɪs ə 'bʌs/ 'pleɪn/ 'treɪn/	to be too late for a train, bus etc	I've got a meeting and I don't want to miss the train.
take a bus/taxi/train		phr	/,teɪk ə 'bʌs/ 'tæksi/ 'treɪn/	to use a particular type of transport	I usually take the bus to work.
take (time) to + infinitive		phr	/'teɪk (taɪm) ɪtu:/	to spend time doing something	The train takes a long time to get to London.
Other words & phrases					
acrobatics		n	/,ækrə'bi:tɪks/	the skills or movements of an acrobat	My show includes juggling, music, magic, acrobatics and theatre.
act	***	n C	/ækt/	a single thing that someone does	That was a real act of kindness.
adventure	**	n C	/əd'ventʃə(r)/	an exciting, unusual, and sometimes dangerous experience	Since he first set out on his adventure he has visited more than 60 countries.
alternatively	**	adv	/ɔ:l'tɜ:(r)nətɪvli/	used for making another suggestion	We could drive all the way. Alternatively, we could fly.
amazing	**	adj	/ə'meɪzɪŋ/	used about something surprising that is also very impressive	In the last five and a half weeks we've seen and done some amazing things.
apparently	***	adv	/ə'pærəntli/	based only on what you have heard, not on what you are certain is true	Apparently they were part of a group of students.
award	***	n C / v	/ə'wɔ:(r)d/	a prize or other reward that is given to someone who has achieved something	The filmmakers won an award for their film.
backpack		n	/'bæk,pæk/	a rucksack	He put all the camping equipment in his backpack.
bear	**	n C	/beə(r)/	a large wild animal with thick fur. There are several different types of bears, for example the polar bear and the grizzly bear. A young bear is called a bear cub	They came across the bear near a river.
bet	**	v C / n	/bet/	to risk an amount of money by saying what you think will happen, especially in a race or game. You lose the money if you are wrong and win more if you are right	He bet lots of money on the horse race.

Word	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
blind	**	v / adj	/blaɪnd/	to make someone unable to see for a short time	The low sun blinded her as she drove up the hill.
broaden (sb's) mind		phr	/ˌbrɔːd(ə)n ˈmaɪnd/	to help someone understand the world and make them more able to accept other people's ideas and beliefs	According to an English saying, travel broadens the mind.
budget	***	n C	/ˈbʌdʒɪt/	the amount of money a person or organization has to spend on something	He gets by on a budget of three dollars a day.
bush	**	n U	/bʊʃ/	areas in hot countries like Australia and Africa that are not used for growing crops. They are usually far from cities and very few people live there	We drove about 20 miles into the bush.
cab		n	/kæb/	taxi	Shall I call you a cab?
campfire		n	/ˈkæmpˌfaɪə(r)/	a fire built outside by people who are camping	They sat around the campfire.
cave	**	n C	/keɪv/	a large hole in the side of a hill or under the ground	There are many caves with prehistoric cave paintings.
celebrate	***	v	/ˈseləˌbreɪt/	to do something enjoyable in order to show that an occasion or event is special	He is celebrating his 21st birthday.
charity	***	n C / U	/ˈtʃærəti/	an organization to which you give money so that it can give money and help to people who are poor or ill, or who need advice and support	The show raised thousands of pounds for charity.
climate	**	n C	/ˈklaɪmət/	the type of weather that a country or region has	Mexico is renowned for its hot climate and spicy food.
climax	*	n C	/ˈklaɪmæks/	the most exciting or important moment in a story, event, or situation, usually near the end	It's the climax to this season's Champions' Cup.
clown		n	/klaʊn/	a performer in a circus who wears funny clothes and makes people laugh by doing silly things	He is dressed as a clown in the photo.
coast	***	n C	/kəʊst/	an area of land beside a sea	We went on holiday to the east coast of England.
comedian		n	/kəˈmiːdiən/	someone whose job is to entertain people by telling jokes and stories to make them laugh	He is a well-known writer and comedian.
comfortable	***	adj	/ˈkɒmfətəb(ə)l/	feeling physically relaxed, without any pain or other unpleasant feelings	Sit quietly in a comfortable position.
competition	***	n C	/ˌkɒmpəˈtɪʃ(ə)n/	an organized event in which people try to win prizes by being better than other people	He entered a competition in the local newspaper.
continent	**	n C	/ˈkɒntɪnənt/	one of the very large areas of land on Earth that are usually divided into several countries	Nigeria is on the continent of Africa.
cub		n	/kʌb/	a young bear, lion, fox, wolf, or other wild animal	They found a baby fox cub.
currently	***	adv	/ˈkʌrəntli/	at the present time	It's the best recording currently available on CD.
darken		v	/ˈdɑː(r)kən/	to become darker, or to make something darker	The sky darkened and heavy rain began to fall.
dawn	**	n C	/dɔːn/	the beginning of the day, when it begins to get light	They had decided to leave at dawn.

Word	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
declare	***	v	/dɪ'kleə(r)/	to announce officially that something is true or happening	Monica wants to be legally declared an adult.
desert	**	n C	/'dezə(r)t/	a large area of land with few plants and little water and where the weather is always dry	We travelled across the Sahara desert.
double-decker		adj / n	/ˌdʌb(ə)l 'dekə(r)/	a bus that has both an upper and a lower level where people can sit	We took a double-decker bus across the city.
eventually	***	adv	/'eventʃʊəli/	at the end of a process or period of time in which many things happen	We're hoping, eventually, to create 500 new jobs.
exist	***	v	/ɪg'zɪst/	to manage to live, especially under difficult conditions	Only about 200 Siberian tigers still exist in the wild.
explore	***	v	/'ɪksplɔ:(r)/	to travel to a place in order to learn about it or to search for something valuable such as oil	The town is a good base from which to explore this charming corner of Italy.
extraordinarily	*	adv	/'ɪk'strɔ:(r)d(ə)nərəli/	extremely	It's an extraordinarily beautiful film.
fascinating	**	adj	/'fæsɪneɪtɪŋ/	making you very interested or attracted	The caves and rock art are fascinating.
fire station		n C	/'faɪə(r) ,steɪʃ(ə)n/	the building where firefighters have their office and keep their vehicles and equipment	He has slept in fire stations, police stations and churches.
formation	***	n C	/'fɔ:(r)'meɪʃ(ə)n/	the particular shape of something	We saw some unusual cloud formations.
four-wheel drive		n C	/'fɔ:(r)wi:l 'draɪv/	a vehicle that has a system that provides power to all four of its wheels	Over the next six weeks, I'm planning to cover as much of the outback as I possibly can in a secondhand four-wheel drive, and I'll be accompanied by my two grandchildren.
fox	**	n C	/'fɒks/	a wild animal similar to a small dog, with red-brown fur, a pointed face, and a thick tail	They found a baby fox cub.
fridge	*	n C	/'frɪdʒ/	a piece of equipment that is used for storing food at low temperatures	Chill the wine in the fridge first.
glimpse	*	n C / v	/'glɪmpz/	an occasion when you see someone or something for a moment only	The crowd were anxious for a glimpse of the President.
goldfield		n	/'gəʊld,fi:ld/	an area in which gold can be found as a mineral	We've been blinded by the salt lakes of Curara Soak, we've relived history in the goldfields of Kalgoorlie-Boulder, we've been guests at the campfires of Aboriginal communities.
headline	**	n C	/'hed,laɪn/	the title of a newspaper story that is printed in large letters	The front-page headline read 'Royal Love Scandal'.
helicopter	**	n C	/'helɪkɒptə(r)/	an aircraft with large metal blades on top that spin and lift it into the air	They hired a helicopter.
heritage	**	n U	/'herɪtɪdʒ/	the art, buildings, traditions, and beliefs that a society considers important to its history and culture	Ireland has a rich musical heritage.
hire	**	v	/'haɪə(r)/	to rent something such as a car or room	I'm going to find the tourist information centre and ask about where I can hire a car.

Word	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
hitchhike		v	/ˈhɪtʃhaɪk/	to travel by asking other people to take you in their car, by standing at the side of a road and holding out your thumb or a sign	You should never hitchhike alone.
home town		n C	/ˌhəʊmˈtaʊn/	the city or town where you lived as a child	He used to deliver pizzas in his home town of Uppsala.
in the wild		adv	/ɪn ðə ˈwaɪld/	in an environment that is natural	There are only about 300 of these beautiful animals in the wild.
incredible	*	adj	/ɪnˈkredəb(ə)l/	used for saying how great or extreme something is	The pressure to win is incredible.
injure	**	v	/ˈɪndʒə(r)/	to do something that damages part of your body	He injured his back and will be unable to play tomorrow.
injury	***	n C / U	/ˈɪndʒəri/	physical damage done to a person or a part of their body	She has recovered from injuries sustained in the accident.
inspire	**	v	/ɪnˈspaɪə(r)/	to give someone the enthusiasm to do or create something	I hope it inspires people to leave the coast and find out what the real Australia is all about.
juggling		n	/ˈdʒʌɡ(ə)lɪŋ/	keeping objects moving through the air by catching them as they fall and throwing them back into the air	My show includes juggling, music, magic, acrobatics and theatre.
landmark		n	/ˈlænd(d)ˌmɑː(r)k/	a famous building or object that you can see and recognize easily	The Statue of Liberty is a very famous landmark.
lawyer	***	n C	/ˈlɔːjə(r)/	someone whose profession is to provide people with legal advice and services	Her lawyers have asked the court to award \$110,000 in damages.
length	***	n C	/leŋθ/	the distance from one end of something to the other	They ran the length of Britain to raise money for charity.
lie ahead		phr	/ˌlaɪ əˈhed/	if something lies ahead, especially something difficult or unpleasant, it is going to happen in the future and you will have to deal with it	The journey has already taken him to three continents and most of Asia still lies ahead.
lift	**	n C	/lɪft/	an occasion when someone takes you somewhere in their car	His first lift took him only three miles.
local	***	adj	/ˈləʊk(ə)l/	in or related to the area that you live in, or to the particular area that you are talking about	Ask for the book in your local library.
magic	**	n U	/ˈmædʒɪk/	mysterious tricks that an entertainer called a magician performs, for example making things appear or disappear	What are the best magic tricks you have seen?
mechanical	**	adj	/mɪˈkænɪk(ə)l/	relating to engines and machines, and the way that they work	The system has shut down because of mechanical problems.
mission	**	n C	/ˈmɪʃ(ə)n/	an aim that is very important to a person or organization	His mission is to bring a smile into the lives of the people he runs into on his travels.
outback		n	/ˈaʊtˌbæk/	the large areas of land in Australia that are not used for growing crops and are far away from any city or town	I'm planning to cover as much of the outback as I possibly can.
passer-by		n	/ˌpɑːsə(r)ˈbaɪ/	someone who is walking past a place, especially when an accident or violent event happens	A passer-by called the police.

Word	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
perform	***	v	/pə(r)'fɔ:(r)m/	to do something in front of an audience in order to entertain them, for example by acting in a play or singing	The opera was first performed in 1992.
platform	**	n C	/'plæt,fɔ:(r)m/	an area next to a railway track where passengers get onto and off trains	The train is still at the platform.
post	***	v	/pəʊst/	to put information on the Internet	He posted details and photos of his journey on his personal website.
principality		n	/'prɪnsə'pæləti/	a country ruled by a prince	She comes from the Principality of Liechtenstein.
purple	*	adj	/'pɜ:(r)p(ə)l/	between red and blue in colour. If something is similar to this colour, you can say that it is purplish or purply	Only important people could wear purple clothes in 16th-century England.
purpose	***	n C	/'pɜ:(r)pəs/	the aim that someone wants to achieve, or that something is intended to achieve	My sole purpose is to bring them a little happiness.
put (sth) right		v	/'put 'raɪt/	to correct a mistake or change a situation with which you are unhappy	So the time has come to put this right.
raise	***	v	/reɪz/	to collect money for a particular purpose	We managed to raise over £4,000 through sponsored events.
represent	***	v	/'reprɪ'zent/	to be a sign or symbol of something	The colour red commonly represents danger.
rescue	**	v	/'reskju:/	to save someone from a dangerous or unpleasant situation	The crew of the tanker were rescued just minutes before it sank in heavy seas.
rock	***	n U / C	/'rɒk/	a large piece of stone that rises up from the ground or from under the ocean	At sunset, we settled down to watch the Rock turn red against the darkening sky and planned the last leg of our trip – 450 kilometres across the desert to the modern town of Alice Springs.
sacred	**	adj	/'seɪkrɪd/	connected with religion	There's an exhibition of sacred art at the gallery.
salt	**	n U	/'sɔ:lt/	a white substance that is often added to food before or after cooking to improve its flavour. Salt is dug from the ground, or produced from sea water	Add a pinch of salt.
search	***	n C / v	/'sɜ:(r)tʃ/	an attempt to find something	They explored the beautiful River Amur region in their search for the tiger.
second-hand		adj	/'sekənd'hænd/	owned or used by someone else before you	We drove a second-hand four-wheel drive through the countryside.
sight	***	n C / U	/'saɪt/	interesting places that people go to see	We saw a lot of well-known sights and landmarks.
site	**	n C	/'saɪt/	a place where something happened, especially something interesting or important, or where there is an important building	Hebron is the site of a mosque sacred to Muslims.
sole	**	adj	/'səʊl/	the sole person or thing is the only one of a particular type	She is the sole survivor of the crash.
solo	*	adj / adv	/'səʊləʊ/	done by one person alone, without any help	He broke the record for the longest solo Vespa journey.

Word	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
spectacular	**	adj	/spek'tækjʊlə(r)/	extremely impressive	You can see the spectacular sight of the famous Uluru, shining purple in the light of dawn.
spellbound		adj	/'spel,bəʊnd/	so impressed by something that you do not pay attention to anything else	We were absolutely spellbound.
sponsor	**	v	/'spɒnsə(r)/	to agree to give money to someone who is going to take part in a charity event	He is sponsored by his fans.
storm	**	n C	/stɔ:(r)m/	an occasion when a lot of rain falls very quickly, often with very strong winds or thunder and lightning	He had mechanical problems with his Vespa during a storm in the Swiss Alps.
stranger	**	n C	/'streɪndʒə(r)/	someone who does not know a place well	You are a stranger in the town.
taxi rank		n C	/'tæksi ,ræŋk/	a place where taxis wait for customers	There's a taxi rank at the station.
tiger	*	n C	/'taɪgə(r)/	a large Asian wild animal that has yellowish fur with black lines and is a member of the cat family. The female tiger can be called a tiger or tigress. A young tiger is called a tiger cub.	Scientists have discovered a rare species of tiger.
time limit		n C	/'taɪm ,lɪmɪt/	an amount of time in which you must do something	They had a time limit.
tractor		n C	/'træktə(r)/	a vehicle used on farms, for example to pull machines	He was rescued by a farmer in a tractor.
truck	**	n C	/trʌk/	a large road vehicle used for carrying goods	We drove past a ten-ton truck.
unforgettable		adj	/,ʌnfə(r)'getəb(ə)l/	something that is unforgettable will be remembered for a very long time	The holiday was an unforgettable experience.
van	**	n C	/'væn/	a vehicle used for carrying goods. It is usually larger than a car and smaller than a truck, and the back part is enclosed, with no windows at the sides	We'll have to hire a van to move all this stuff.
widely-travelled		adj	/'waɪdli 'træv(ə)ld/	someone who is widely-travelled has been to many different countries and is familiar with their cultures	Who is the most widely-travelled person that you know?
wildlife		n	/'waɪld,lɑ:f/	animals, birds, and plants that live in natural conditions	The government has made laws to protect wildlife and their habitats.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
Accommodation					
apartment block		n C	/ə'pɑ:(r)tmənt ˌblɒk/	a block of flats	I live in a high-rise apartment block.
cabin	**	n C	/'kæbɪn/	a small simple wooden house in the mountains or in a forest	He lived in a cabin in the mountains.
campsite		n C	/'kæmpsaɪt/	a place where people on holiday can stay in tents or other temporary shelters, usually with toilets and a supply of water.	We booked a campsite near the town.
cave	**	n C	/keɪv/	a large hole in the side of a hill or under the ground	Would you like to live in a cave?
communal	*	adj	/'kɒmjʊn(ə)l/	owned or used by everyone in a group, especially a group of people who live in the same building	We have a communal garden.
community	***	n C	/kə'mju:nəti/	the people who live in an area: can be followed by a singular or plural verb	I wanted to work somewhere where I could serve the community.
detached	*	adj	/dɪ'tætʃt/	a detached house is not joined to another house	We live in a four-bedroomed detached house.
dormitory		n C	/'dɔ:(r)mɪtri/	a large room where a lot of people sleep, for example in a school or army camp	They sleep in separate dormitories.
facilities	***	n pl	/fə'sɪlɪtɪz/	something such as a room or piece of equipment that is provided at a place for people to use	The hotel has excellent leisure facilities.
flat	***	n C	/flæt/	a set of rooms for living in, usually on one floor of a large building. The usual American word is apartment	They bought a flat in Chelsea.
holiday home		n C	/'hɒlɪdeɪ ˌhəʊm/	a house or flat that you own and use for holidays	We have a holiday home in Catalonia.
houseboat		n C	/'haʊsbəʊt/	a boat that someone lives in as their home	He lives in a houseboat on the river Thames.
lighthouse		n C	/'laɪtˌhaʊs/	a tower built next to the sea that has a powerful flashing light at the top to show ships where to go or to warn them of danger	My ideal job would be a lighthouse keeper.
local authority		n C	/'ləʊk(ə)l ɔ:'θɒrəti/	in the UK, the organization in a particular area or city that is responsible for providing public services	The local authority is responsible for repairing the roads.
lock	***	v	/lɒk/	to fasten something such as a door or a container, usually with a key, so that other people cannot open it	John went out and locked the door behind him.
mobile home		n C	/ˌməʊbaɪl ˌhəʊm/	a vehicle on wheels that is pulled by a car and is used as a home by people on vacation	Would you like to live in a mobile home?
monthly charge		n C	/'mʌnθli ˌtʃɑ:(r)dʒ/	an amount of money that you have to pay every month, especially when you visit a place or when someone does something for you	We have to pay a monthly charge for the lift and the lights on the stairs.
ownership	**	n U	/'əʊnə(r)ʃɪp/	legal possession of something, usually something big and valuable	They share ownership of the park.
rent	***	n U / v	/rent/	an amount of money that you pay regularly for using a house, room, office etc that belongs to someone else	After she'd paid her rent, Jen had no money left for food.
resident	***	n C	/'rezɪd(ə)nt/	someone who lives in a particular place	Many local residents have objected to the scheme.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
semi-detached		adj	/ˌsemɪdɪˈtætʃt/	a semi-detached house is joined to another house by one wall that they share	They live in a semi-detached house with a garden.
suburb	*	n C	/ˈsʌbɜː(r)b/	an area or town near a large city but away from its centre, where there are many houses, especially for middle-class people	Wanstead is a suburb of London.
tent	**	n C	/tent/	a shelter made of cloth and supported with poles and ropes	We can put up our tent just here.
terraced house		n C	/ˈterəst ˌhaʊs/	a house in a row of similar houses joined together on both sides	Accommodation in British town centres is usually in apartment blocks or rows of old terraced houses.
tree house		n C	/ˈtriːˌhaʊs/	a small shelter built in a tree for children to play in	He built a tree house in the garden.
wallpaper	*	n U	/ˈwɔːlˌpeɪpə(r)/	thick paper that you stick on walls inside a house to decorate them	You couldn't put green wallpaper in bedrooms.
windmill		n C	/ˈwɪn(d)mɪl/	a tall building with sails (=long pieces of wood or metal) that turn in the wind and produce power to crush grain or produce electricity	The Dutch built windmills for many centuries.
Sleep					
fall asleep		phr	/ˈfɔːl əˈsliːp/	to change into the state of being asleep	I sometimes fall asleep in front of the TV.
feel sleepy		phr	/ˌfiːl ˈsliːpi/	if you feel sleepy, you feel tired and want to sleep	On some days when Louis was feeling sleepy, he didn't get up at all.
get to sleep		phr	/ˌɡet tə ˈsliːp/	to begin sleeping, especially if it is difficult to do so	What do you do when you can't get to sleep?
go to sleep		phr	/ˌɡəʊ tə ˈsliːp/	to begin sleeping	What time do the kids usually go to sleep?
have a nap		phr	/ˌhæv ə ˈnæp/	to sleep for a short time, usually during the day	I sometimes have a nap after lunch.
heavy sleeper		n C	/ˌhevi ˈsliːpə(r)/	someone who does not wake easily when they are sleeping	The noise didn't wake me because I'm a heavy sleeper.
light sleeper		n C	/ˌlaɪt ˈsliːpə(r)/	someone who wakes easily when they are sleeping	I need a quiet bedroom because I'm a light sleeper.
make the bed		phr	/ˌmeɪk ðə ˈbed/	to arrange the covers on a bed so that they are neat	I always make the bed first thing in the morning.
set the alarm clock		phr	/ˌset ðiː əˈlɑː(r)m ˌklɒk/	to change the controls on an alarm clock so that it will ring at a particular time	I sometimes forget to set my alarm clock.
wake up	*	v	/ˈweɪk ˈʌp/	to stop sleeping	I woke at 5 o'clock this morning.
Other words & phrases					
airy		adj	/ˈeəri/	with a lot of fresh air and space	The bedrooms were all light and airy.
arsenic		n U	/ˈɑː(r)s(ə)nɪk/	a very strong chemical that is used in industry and as a poison for killing small animals such as rats	She was treated for arsenic poisoning.
bench	**	n C	/bentʃ/	a hard seat for two or more people, usually outside in a public place	He had to sleep on a park bench.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
best-seller		n C	/ˌbestˈselə(r)/	a book that many people buy	Tom wrote his first best-seller at the age of 23.
big deal		n C	/ˌbɪg ˈdi:l/	something that is very important	It's no big deal.
bill	***	n C	/bɪl/	a written statement showing how much money you owe someone for goods or services you have received	We got a huge phone bill this month.
candle	**	n C	/ˈkænd(ə)l/	a stick of wax with a string in it called a wick that you burn to give light	Blow out the candle.
chef	*	n C	/ʃef/	someone who cooks food in a restaurant as their job	She's a qualified chef.
chemical	***	n C / adj	/ˈkemɪk(ə)l/	a substance used in chemistry or produced by a process involving chemistry	You must wear gloves when handling any of these chemicals.
conduct	***	v	/kənˈdʌkt/	to do something in an organized way. In ordinary speech it is more usual to say that someone carries something out	He conducted the day's business from his bed.
convenient	**	adj	/kənˈvi:niənt/	a convenient place is one that is near the place where you are and is easy to get to	It's really convenient for the shops.
conviction	**	n C	/kənˈvɪkʃ(ə)n/	a decision by a court of law that someone is guilty of a crime	She has a conviction for dangerous driving.
crash	**	v	/kræʃ/	to hit something hard, making a loud noise and often causing damage	The waves come crashing down on the rocks around the house.
day-to-day	*	adj	/ˌdeɪtəˈdeɪ/	happening every day as part of your normal life	He's responsible for the day-to-day running of the company.
deserved		adj	/dɪˈzɜ:(r)vɪd/	if something is deserved, it is right that you have it or get it	She has a deserved reputation for honesty and sincerity.
dramatic	***	adj	/drəˈmætɪk/	exciting and impressive	What other job lets you live somewhere so dramatic?
drawback		n C	/ˈdrɔ:ˌbæk/	a feature of something that makes it less useful than it could be	The main drawback of the scheme is its expense.
dull	**	adj	/dʌl/	boring, or not interesting	It can be a bit dull at times.
effect	***	n C	/ɪˈfekt/	a change that is produced in one person or thing by another	They all suffered the physical effects of lack of sleep.
enormous	***	adj	/ɪˈnɔ:(r)məs/	very large in size or quantity	The enormous birthday cake dwarfed everything else on the table.
feel free		phr	/ˌfi:l ˈfri:/	used for telling someone that they can do something if they want to	Feel free to contact us at any time.
for good		adv	/fə(r) ˈgʊd/	permanently, without the possibility of change in the future	It looks like Jamie has left for good this time.
found	***	v	/faʊnd/	to start an organization, company, political party etc	The newspaper was founded in 1909.
growth	***	n U	/grəʊθ/	an increase in the number, size, or importance of something	There has been a growth in restaurants serving British food.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
halfway	*	adj / adv	/ˌhɑːfˈweɪ/	at an equal distance from two places or from the two ends of something	Isn't it a bit dangerous living halfway up a tree?
hammock		n C	/ˈhæmək/	a bed consisting of a long piece of cloth or net tied at each end to posts or trees	Sailors used to sleep in hammocks.
a helping hand		phr	/ə ˌhelpɪŋ ˈhænd/	assistance	Everybody has to lend a helping hand and take responsibility for the day-to-day running of the community.
hostel		n C	/ˈhɒst(ə)l/	a building where people living away from home can stay and get meals at low prices	When a rich traveller arrived at a busy hostel, he could take the place in bed of a poorer person.
incense		n U	/ˈɪnsens/	a substance that creates a strong but pleasant smell when burned. Incense is often used in religious ceremonies.	The smell of incense was all around us.
inn	*	n C	/ɪn/	a small hotel or pub, especially one in the country	We stayed at the village inn.
isolated	*	adj	/ˈaɪsəˌleɪtɪd/	an isolated place is far away from towns and cities.	They live in an isolated farmhouse.
isolation	**	n U	/ˌaɪsəˈleɪʃ(ə)n/	the state of being separated from other people, or a situation in which you do not have the support of other people	She became depressed and experienced an increasing sense of isolation.
keep (sb) company		v	/ˌkiːp ˈkʌmp(ə)nɪ/	to spend time with someone	I'll come with you to keep you company.
living conditions		n pl	/ˈlɪvɪŋ kənˌdɪʃ(ə)nz/	the environment in which people must live and work	Living conditions in the workhouses were very hard.
loads of	**	phr	/ˈləʊdz əv/	a lot of something, often something unpleasant	He's making loads of money.
lounge	*	n C	/laʊndʒ/	a comfortable room in a house where people sit and relax	You mustn't smoke in the lounge.
lunar		adj	/ˈluːnə(r)/	relating to the moon	Astronauts on the first lunar missions had big problems getting a good night's sleep.
module	***	n C	/ˈmɒdjuːl/	a part of a space vehicle that is used separately to do a particular job	They had no hammocks in the lunar module.
noisy	*	adj	/ˈnɔɪzi/	full of noise	It gets quite noisy at night.
obviously	***	adv	/ˈɒbvɪəsli/	used for emphasizing that you know people already know or understand what you are talking about	Obviously I'll have to think about your offer carefully.
organic	*	adj	/ɔː(r)ˈɡænɪk/	organic food or drink is produced using only a small number of artificial chemicals	More and more people are eating organic food.
owner	***	n C	/ˈəʊnə(r)/	someone who owns something	I am the owner of three antique cars.
paradise	*	n C / U	/ˈpærədəɪs/	a perfect place or situation	The Seychelles are what most people think of as an island paradise.
poisonous	*	adj	/ˈpɔɪz(ə)nəs/	containing poison	Arsenic is highly poisonous.
poverty	**	n U	/ˈpɒvə(r)ti/	a situation in which someone does not have enough money to pay for their basic needs	Half the world's population is living in poverty.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
refugee	**	n C	/ˌrefʃuˈdʒiː/	someone who leaves their country, especially during a war or other threatening event	Thousands of refugees have entered the camps along the borders in recent days.
reputation	***	n C / U	/ˌrepjuˈteɪʃ(ə)n/	the opinion that people have about how good or how bad someone or something is	Does your country have a good reputation for food?
responsibility	***	n C / U	/ˌrɪspɒnsəˈbɪləti/	if you take responsibility for something, you make sure that you or someone else does it	Everybody has to lend a helping hand and take responsibility for the day-to-day running of the community.
ridge	**	n C	/rɪdʒ/	the long narrow top of a mountain or group of mountains	The cottage is set on a ridge in the Chiltern Hills.
rubbish	**	n U	/ˈrʌbɪʃ/	things that you throw away because they are no longer useful, such as old food, paper or plastic used for wrapping things, and empty containers	We aren't allowed to put the rubbish out before 8 pm.
sanitary		adj	/ˈsænət(ə)ri/	relating to people's health, especially to the system of supplying water and dealing with human waste	Overcrowding has now been added to poor sanitary conditions.
scenery	*	n U	/ˈsiːnəri/	natural things such as trees, hills, and lakes that you can see in a particular place	Visitors come to enjoy the spectacular mountain scenery.
shortage	**	n C	/ˈʃɔː(r)tɪdʒ/	a lack of something that you need or want	There is no shortage of families who want to join.
substance	***	n C	/ˈsʌbstəns/	a particular type of liquid, solid, or gas	The wood is coated with a special substance that protects it from the sun.
sunshade		n C	/ˈsʌnʃeɪd/	a type of umbrella used for protecting your face and head from the sun	Would you mind if I moved the sunshade a little?
task	***	n C	/tɑːsk/	something that you have to do, often something that is difficult or unpleasant	No task is too boring for them.
uniform	**	n C	/ˈjuːnɪfɔː(r)m/	a set of clothes that you wear to show that you are part of a particular organization or school	He was still wearing his school uniform.
vacation		n C	/vəˈkeɪʃ(ə)n/	a holiday	She's on vacation this week and next.
valet		n C	/ˈvæleɪt/ /ˈvæleɪ/	a man whose job is to look after another man's clothes and cook his meals	His valet woke him up at 8.30.
waiting list		n C	/ˈweɪtɪŋ ˌlɪst/	a list of people waiting for something that may become available, for example a service or a place in a school	There are more than 70 on the waiting list.
wave	***	n C	/weɪv/	a line of water that rises up on the surface of a sea, lake, or river	I love the sea in winter when the waves are enormous.
wooden	***	adj	/ˈwʊd(ə)n/	made of wood	They live in a large wooden house.
workhouse		n C	/ˈwɜː(r)kˌhaʊs/	in the past, a building where poor people in Britain were sent to live and were given unpleasant work to do	The government's solution to poverty was the building of workhouses.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
Idioms (taking risks)					
a bit of a gamble		phr	/ə ˌbɪt əv ə ˈɡæmb(ə)l/	if something is a bit of a gamble, there is a risk associated with it	It's a bit of a gamble, but I think we should give it a go.
a lot at stake		phr	/ə ˌlɒt ət ˈsteɪk/	a lot that is likely to be lost or damaged if something fails	There's a lot at stake here, I really don't think it's a good idea.
against the odds		phr	/əˌɡenst ði: ˈɒdz/	unlikely to happen	The chances of becoming a millionaire are definitely well against the odds.
give something a go		phr	/ˌɡɪv ə ˈɡəʊ/	to try to do something	It's a bit of a gamble, but I think we should give it a go.
it's a lottery		phr	/ˌɪts ə ˈlɒtəri/	used to say that everything in a situation depends on luck or chance	It's a lottery – but if we don't play, we'll never win anything.
play safe		phr	/ˌpleɪ ˈseɪf/	to behave carefully so that something involves very little risk	We could take a risk and win a million or we could play safe and keep what we have.
try your luck		phr	/ˌtraɪ jə(r) ˈlʊk/	to try something that may not be successful	I never try my luck because I always lose.
Injuries					
ankle	**	n C	/ˈæŋk(ə)l/	the part at the bottom of your leg where your foot joins your leg	I fell and twisted my ankle.
black eye		n C	/ˌblæk ˈaɪ/	a dark mark that forms on the skin around your eye as a result of being hit	He gave him a black eye.
bleed	*	v	/bli:d/	to have blood flowing from your body, for example from a cut	He was bleeding from a wound in his shoulder.
bruise	*	v / n C	/bru:z/	to cause a mark to appear on someone's body by hitting or knocking it	She bruised her leg quite badly when she fell.
burn	***	v / n C	/bɜ:(r)n/	to injure someone or a part of your body with something hot	The sand was so hot it burnt my feet.
frostbitten		adj	/ˈfrɒs(t)ˌbɪt(ə)n/	affected by frostbite	Put dressings between frostbitten fingers or toes to keep them separated.
scratch	*	n C / v	/skrætʃ/	a cut on the surface of your skin	Don't worry. It's just a scratch.
shock	***	n U / v	/ʃɒk/	a medical condition in which you suddenly become very weak and cold and do not react normally, especially after a serious accident or injury	He's suffering from shock.
sprain		n C / v	/spreɪn/	to injure a joint such as your wrist by suddenly stretching or turning it too much	My grandma sprained her knee.
wrist	**	n C	/rɪst/	the part of your body between your hand and your arm	He looked at the gold watch on his wrist.
suffer from	***	v	/ˈsʌfə(r) ˌfrɒm/	to have a particular illness or physical problem	She suffered from depression for most of her adult life.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
twist	**	v	/twɪst/	to injure a part of your body such as your knee or wrist by bending it too much or by bending it in the wrong direction	I've twisted my ankle so I won't be able to play.
unconscious	*	adj	/ʌn'kɒnʃəs/	in a condition similar to sleep in which you do not see, feel, or think, usually because you are injured	She was unconscious but still breathing when the ambulance arrived.
Other words & phrases					
according to	***	prep	/ə'kɔ:(r)dɪŋ ɪtu:/	used for saying where information or ideas have come from	According to locals, John is already planning to buy the pub.
addict	*	n C	/'ædɪkt/	someone who likes a particular activity very much and spends as much time as they can doing it	He's a real TV addict.
all-night		adj	/ɔ:l 'naɪt/	an all-night shop, restaurant, bus service etc continues to operate for the whole night	They went to an all-night supermarket.
balcony	*	n C	/'bælkəni/	a place where you can stand just outside an upper window. It sticks out from the wall of a building	Her son locked her out on the balcony.
billion	**	n C	/'bɪljən/	the number 1,000,000,000	Over £1.5 billion of the money goes to the government in taxes.
burglar	*	n C	/'bɜ:(r)glə(r)/	someone who enters a building illegally in order to steal things	Burglars broke into the gallery and stole dozens of priceless paintings.
catch fire		v	/'kætʃ 'faɪə(r)/	to start burning	The car overturned and caught fire.
choir	*	n C	/kwaɪə(r)/	a group of singers who perform together, for example in a church or school	She's a member of the church choir.
coincidence	*	n C	/kəʊ'ɪnsɪd(ə)ns/	a situation in which separate things happen by chance at the same time or in the same way	It was rather a coincidence that she appeared at that exact moment.
corpse	*	n C	/kɔ:(r)pʃ/	the body of a dead person	Rescue workers found 17 corpses in the water.
critic	***	n C	/'krɪtɪk/	someone who does not like something and states their opinion about it	Some critics of the lottery call it a tax on the poor.
destroy	***	v	/dɪ'strɔɪ/	to damage something so severely that it no longer exists or can never return to its normal state	Half the world's rainforests have already been destroyed.
droppings		n pl	/'drɒpɪŋz/	the faeces (=solid waste) of animals or birds	Some bird droppings fell on his head.
end up		v	ɪ'end 'ʌp/	to be in a particular place or state after doing something or because of doing it	I ended up spending the night in the airport.
explode	**	v	/'ɛkspləʊd/	to burst with a lot of force and a loud noise	Bombs were exploding all over the city.
explosion	**	n C	/'ɛkspləʊʒ(ə)n/	an occasion when something bursts with a lot of force and a loud noise, often causing damage	There has been a nuclear explosion.
fancy	**	v	/'fænsɪ/	used when you are very surprised about something	Fancy that!
fry	*	v	/fraɪ/	to cook food in hot oil or fat	Heat the oil in a large pan and fry the onion and garlic for 5 minutes.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
gamble	*	v	/ˈɡæmb(ə)l/	to risk money or something valuable in the hope of winning more if you are lucky or if you guess something correctly	We used to gamble at the casino in Monte Carlo.
gangster		n C	/ˈɡæŋstə(r)/	a member of an organized group of criminals	It's a movie about Chicago gangsters in the 1920s.
good cause		n C	/ˌɡʊd ˈkɔːz/	an organization, plan, or activity that you are willing to support because it provides help or benefit to people who need it	When lottery money starts coming in, governments usually reduce the amount that they normally spend on good causes.
handful	**	n C	/ˈhænd(f)ʊl/	the quantity of something that you can hold in your hand	He gave me a handful of coins.
have (sth) in common		phr	/ˌhæv ɪn ˈkɒmən/	to have the same interests, opinions or features as someone or something	Ask your partner questions and find six things you have in common.
haystack		n C	/ˈheɪstæk/	a large pile of hay in a field, that has been built up and covered in order to store it	The haystack caught fire.
hiker		n C	/ˈhaɪkə(r)/	someone whose hobby is taking long walks in the countryside	The 41-year-old hiker was climbing in the Alps last Saturday when it suddenly started to snow.
icy	*	adj	/ˈaɪsi/	covered with ice	The train came off the rails and fell into an icy river.
income	***	n C / U	/ˈɪnkʌm/	money that someone gets from working or from investing money	These families have no source of income when the harvest is over.
industry	***	n C	/ˈɪndəstri/	a particular kind of business, trade, or service and the people who work in it	The turnover for the gambling industry in the UK alone is over £42 billion per year.
it's (not) worth it		phr	/ˌɪts nɒt ˈwɜːθ ɪt/	used to say that something is not worth the time, money, or effort that you spend on it	We wanted to go away for a week but then decided it wasn't worth it.
jackpot		n C	/ˈdʒæk,pɒt/	a large amount of money that someone wins in a card game, the lottery, or another game involving money	They won a 1.7 million pound jackpot.
jet set		n C	/ˈdʒet ˌset/	rich people who travel to a lot of different parts of the world and have exciting lives	He's a member of the jet set.
jump	***	v	/dʒʌmp/	to move somewhere quickly and suddenly	They jumped into a police car thinking it was their getaway car.
kidnap	*	v	/ˈkɪdnæp/	to illegally take someone away and make them a prisoner, especially in order to make their family or government give you money or allow you to do what you want	Three journalists have been kidnapped by extremists.
knock	***	v	/nɒk/	to hit someone very hard, so that they fall or become unconscious	The bus knocked him over.
legal	***	adj	/ˈliːg(ə)l/	relating to the law or lawyers	You may wish to seek legal advice before signing the contract.
leisure club		n C	/ˈleɪzə(r) ˌklʌb/	an organization that provides a place where its members can go and eat, relax, or stay	Were you at that new White Rose leisure club last night?
lightning	*	n U	/ˈlaɪtnɪŋ/	the bright flashes of light that you see in the sky during a storm	She lay awake, listening to the thunder and lightning.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
liquid	**	n C / U	/ˈlɪkwɪd/	a substance that can flow, has no fixed shape, and is not a solid or a gas	The detergent is available as a powder or a liquid.
local	***	adj / n C	/ˈləʊk(ə)l/	in or related to the area that you live in, or to the particular area that you are talking about	Ask for the book in your local library.
make-up	*	n U	/ˈmeɪk ˌʌp/	substances that people put on their faces, including their eyes and lips, in order to look attractive or to change their appearance	Rachel was still putting on her make-up when the taxi arrived.
nearby	**	adj / adv	/ˌniə(r)ˈbaɪ/	a nearby place is not far away	I found it on a nearby table.
partly	***	adv	/ˈpɑː(r)tli/	to some degree, but not completely	I'll admit I was partly to blame.
pepperoni		n U	/ˌpepəˈrəʊni/	a type of Italian sausage that is used in foods such as pizza	I'll have a pepperoni pizza, please.
petrol station		n C	/ˈpetrəl ˌsteɪʃ(ə)n/	a garage that sells petrol for your car. The American word is gas station	Where's the nearest petrol station?
pile	**	n C	/paɪl/	a number of things put on top of each other	There's a pile of books and papers on my desk.
plough into		v	/ˌpləʊ ˈɪntuː/	to crash into someone or something with force, especially because you are moving or driving too quickly or in a careless or uncontrolled way	Luckily no one was hurt when their car ploughed into a tree.
profile	**	n C	/ˈprəʊfaɪl/	the public image of a person or organization, and the attention that they get from the public or journalists	Some charities, especially the low profile ones, can find themselves with less money.
puddle		n C	/ˈpʌd(ə)l/	a small pool of water, especially on a road after rain	I stepped in a deep puddle on my way to work.
pupil	***	n C	/ˈpjʊːp(ə)l/	someone, especially a child, who goes to school or who has lessons in a particular subject	There are about 30 pupils in each class.
quick-fix		adj	/ˌkwɪkˈfɪks/	a quick-fix solution to a problem can be found and used quickly, but may not last very long	The lottery clearly isn't the quick-fix solution to life's problems.
rail	***	n C	/reɪl/	one of the pair of metal bars that a train travels on	The train came off the rails at the junction.
reduce	***	v	/rɪˈdjuːs/	to make something smaller or less in size, amount, importance etc	Try to reduce the amount of fat in your diet.
regularly	***	adv	/ˈregjʊlə(r)li/	after equal amounts of time have passed, for example every day or every month	People who exercise regularly are less likely to feel stress.
rescue	**	v / n C	/ˈreskjʊː/	to save someone from a dangerous or unpleasant situation	The crew of the tanker were rescued just minutes before it sank in heavy seas.
scream	**	v / n C	/skriːm/	to make a loud high cry because you are hurt, frightened, or excited	She opened her mouth to scream.
smash	**	v	/smæʃ/	to break something noisily into many pieces by dropping or hitting it with a lot of force	Someone had smashed a window.
snake	*	n C	/sneɪk/	a long thin animal with no legs and a smooth skin. Some snakes have a poisonous bite that can kill	I've got several unusual pets, including a snake.
sneeze		v	/sniːz/	to loudly blow air out of your nose in a sudden uncontrolled way	I've been sneezing all morning.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
solution	***	n C	/sə'lu:ʃ(ə)n/	a way to solve a problem or to deal with a bad situation	Putting children in prison is not the solution.
solve	***	v	/sɒlv/	to find a solution to something that is causing difficulties	We can help you solve your financial problems.
speedboat		n C	/'spi:d,bəʊt/	a boat with a powerful motor that can go very fast	He bought himself a speedboat with his winnings.
spit	*	v	/spɪt/	to force some of the clear liquid called saliva out from your mouth	Dino leaned over and spat on the ground.
spray	*	v / n C / U	/spreɪ/	if you spray a liquid, or if it sprays, it is forced out of a container through a small hole into the air	The chemical is sprayed onto the roof to weatherproof it.
squash		n U	/skwɒʃ/	a game in which two players use rackets to hit a small ball against a wall. You play squash on an indoor area called a court.	We play squash together every weekend.
stuck		adj	/stʌk/	unable to escape from a place or situation, usually one that is difficult or unpleasant	How long was the man stuck on the mountain?
sum	***	n C	/sʌm/	an amount of money	We already spend large sums of money on advertising.
superstition		n C	/,su:pə(r)'stɪʃ(ə)n/	a belief that things such as magic or luck have the power to affect your life	There are many superstitions about cats.
survive	***	v	/sə(r)'vaɪv/	to stay alive despite an injury, illness, war etc	Just eight passengers survived the plane crash.
symphony	*	n C	/'sɪmfəni/	a long piece of classical music played by a symphony orchestra	I love Beethoven's 5th Symphony.
tempt	**	v	/tempt/	to make you want to do or to have something, especially something that is not good for you	Don't be tempted to spend too much.
toddler	*	n C	/'tɒdlə(r)/	a very young child who is learning how to walk	Toddlers should never be left unsupervised in the garden.
toe	**	n C	/təʊ/	one of the five individual parts at the end of your foot. Your big toe is the largest, and your little toe is the smallest	Vera slipped off her shoes and wiggled her toes.
turnover	**	n U	/'tɜ:(r)n,əʊvə(r)/	the value of the goods and services that a company sells in a particular period of time	The company has an annual turnover of over £150 million.
twist of fate		phr	/,twɪst əv 'feɪt/	an unlikely or surprising occurrence	By some twist of fate he arrived back where he had started.
warehouse	**	n C	/'weə(r),haʊs/	a big building where large amounts of goods are stored	Goods are sent directly from our warehouse.
wave	**	v	/weɪv/	to move your hand to say hello or goodbye or as a signal	I shouted and waved.
no rest for the wicked		phr	/nəʊ rest fə ðə 'wɪkɪd/	used to say humorously that you have a lot of work to do	No rest for the wicked!
you're kidding		phr	/,jɔ:(r) 'kɪdɪŋ/	used to express disbelief that something is true	You're kidding! You live in Harlech Crescent!

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
Adjectives					
comfortable	***	adj	/ˈkʌmfətəb(ə)l/	pleasant to wear, hold, or use	It was a very stylish place, and the chairs were very comfortable.
crowded	*	adj	/ˈkraʊdɪd/	containing a lot of people, especially too many	The train was very crowded.
delicious	*	adj	/dɪˈlɪʃəs/	with a very pleasant taste or smell	The fruit tasted delicious.
efficient	***	adj	/ɪˈfɪʃ(ə)nt/	something that is efficient works well and produces good results by using the available time, money, supplies etc in the most effective way	The new machine is far more efficient than the old one.
fashionable	**	adj	/ˈfæʃ(ə)nəb(ə)l/	popular at a particular time	She always wears fashionable clothes.
healthy	***	adj	/ˈheɪθi/	helping you to stay physically strong and not ill	We serve healthy and delicious food.
popular	***	adj	/ˈpɒpjʊlə(r)/	a popular activity, place, thing etc is one that many people like	It's a really popular brand of cat food.
reliable	**	adj	/rɪˈlaɪəb(ə)l/	a reliable vehicle, piece of equipment, or system always works well	This is a better and more reliable car than my last one.
strong	***	adj	/strɒŋ/	not easily broken, damaged, or destroyed	I always use a strong rope when I go climbing.
stylish	*	adj	/ˈstɑɪlɪʃ/	attractive, or well arranged	We bought some sturdy yet stylish garden furniture.
Negative prefixes (adjectives)					
dishonest	*	adj	/dɪsˈɒnɪst/	willing to do things that are not honest, for example tell lies or steal things	They admitted that there were dishonest officers in the police force.
disloyal		adj	/dɪsˈlɔɪəl/	not loyal to someone who you have a close relationship with or to an organization that you belong to	She has no intention of being disloyal to his friends.
dissatisfied	*	adj	/dɪsˈsætɪsfɑɪd/	annoyed because something is not as good as you expected it to be	He had been feeling very dissatisfied with his life in recent months.
impatient	*	adj	/ɪmˈpeɪʃ(ə)nt/	not patient	My boss gets very impatient when I don't finish work quickly enough.
impolite	*	adj	/,ɪmpəˈlaɪt/	not polite	It would be impolite to leave the party so early.
impossible	***	adj	/ɪmˈpɒsəb(ə)l/	if something is impossible, no one can do it or it cannot happen	We were faced with an impossible task.
improbable		adj	/ɪmˈprɒbəb(ə)l/	not likely to happen or to be true	It was a rather improbable story.
inaccurate		adj	/ɪnˈækjʊrət/	not accurate or correct	I'm afraid we've got inaccurate information.
inconvenient		adj	/,ɪnkənˈviːniənt/	causing difficulties or extra effort	Have I come at an inconvenient time?
incorrect	*	adj	/,ɪnkəˈrekt/	wrong, or not accurate or true	I gave an incorrect answer.
insufficient	**	adj	/,ɪnsəˈfɪʃ(ə)nt/	not enough	The police had insufficient evidence to arrest him.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
unbelievable		adj	/ˌʌnbɪ'li:vəb(ə)l/	used for emphasizing how good, bad, impressive etc something is	The cheering inside the stadium was unbelievable.
unlucky		adj	/ʌn'lʌki/	not lucky	We were unlucky not to win any prizes in the competition.
unprepared		adj	/ˌʌnpri'peə(r)d/	not ready for a particular situation, event, or process	A few of the questions caught me unprepared.
unsuccessful	*	adj	/ˌʌnsək'sesf(ə)l/	not successful	Unfortunately my job application was unsuccessful.
Office activities					
do a report		phr	/du: ə rɪ'pɔ:(r)t/	to write or produce a report	But the next minute they're asking you whether you've done that urgent report.
do some photocopying		phr	/du: sʌm 'fəʊtə,kɒpiɪŋ/	to use a machine to make some photocopies	I have to do some last minute photocopying.
do the filing		phr	/du: ðə faɪlɪŋ/	to put papers into order in order to store them	Would you mind doing the filing for me?
make a phone call		phr	/meɪk ə 'fəʊn kɔ:l/	to call someone on the phone	I make more phone calls in the morning.
make a report		phr	/meɪk ə rɪ'pɔ:(r)t/	to write or produce a report	I have to make a report for my boss.
make a photocopy		phr	/meɪk ə 'fəʊtə,kɒpi/	to use a machine to produce a photocopy	Could you make a photocopy of that for me?
make the coffee		phr	/meɪk ðə 'kɒfi/	to prepare cups of coffee for people	My colleague makes the coffee every morning.
receive an email		phr	/rɪ,sɪ:v ən 'i:meɪl/	to get an email	They always make sure they have their cell phones and laptops with them so they can send and receive emails.
receive a phone call		phr	/rɪ,sɪ:v ə 'fəʊn kɔ:l/	to get a phone call from someone	I received a phone call from the head office earlier.
send an email		phr	/send ən 'i:meɪl/	to use a computer to direct an email to someone	Could you send an email to the rest of the team?
send a report		phr	/send ə rɪ'pɔ:(r)t/	to direct a report to someone by posting it or using email	I have to send a report to my boss by the end of the week.
write an email		phr	/raɪt ən 'i:meɪl/	to put words together to make an email	I'm writing an email at the moment.
write a report		phr	/raɪt ə rɪ'pɔ:(r)t/	to put words together to make a report	I really need to finish writing a report.
Office supplies					
biro		n C	/'baɪrəʊ/	a plastic pen that uses a small metal ball at its point to move the ink inside the pen onto paper	The teacher marked their homework with a red biro.
calculator	*	n C	/'kælkjʊleɪtə(r)/	a small piece of electronic equipment used for doing calculations	Pocket calculators must not be used in the exam.
drawing pin		n C	/'drɔ:ɪŋ ,pɪn/	a short pin with a flat top, used for fastening paper to a wall	The poster is held up with drawing pins.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
elastic band		n C	/ɪˌlæstɪk ˈbænd/	a circle of elastic that you put around several things to hold them together	Seal the bag using a strong elastic band.
highlighter (pen)		n C	/'haɪˌlaɪtə(r) (pen)/	a brightly coloured pen, used for marking important words on a document	Underline the important parts with a highlighter.
in-tray		n C	/'ɪntriː/	a container on your desk where you keep documents and letters that are ready to be read or answered	I can't leave work until my in-tray is empty.
ink cartridge		n C	/'ɪŋk ˌkɑː(r)trɪdʒ/	a small container with ink inside that you put into a printer or pen	I just wanted six packs of paper for the printer and er, a couple of ink cartridges, colour.
mouse mat		n C	/'maʊs ˌmæt/	a piece of soft material that you move a computer mouse around on. The usual American word is mousepad	Where can I buy a mouse mat with wrist support?
note pad		n C	/'nəʊt ˌpæd/	several sheets of paper joined together along one edge, used for writing notes	He ordered a couple of note pads from the stationery department.
paper clip		n C	/'peɪpə(r)ˌklɪp/	a small piece of bent wire used for holding pieces of paper together	The photocopies were attached with a paper clip.
pencil sharpener		n C	/'pens(ə)l ˌʃɑː(r)p(ə)nə(r)/	an object with a blade inside, used for making a pencil sharper	Can I borrow a pencil sharpener? My pencil is blunt.
Post-its®		n pl	/'pəʊstɪts/	a small piece of coloured paper with a sticky substance on the back that is used for writing notes and temporarily sticking them on other papers and surfaces	He wrote the message on a Post-it and stuck it on the door.
rubber		n C	/'rʌbə(r)/	a small piece of rubber used for removing pencil marks from paper. The American word is eraser.	Do it in pencil first, then you can use a rubber if you make a mistake.
scissors	*	n pl	/'sɪzə(r)z/	a tool for cutting paper, consisting of two blades joined in a cross that you open and shut like jaws	I need a pair of scissors to cut this up.
stapler		n C	/'steɪplə(r)/	a small object used for fastening pieces of paper with a staple	I used a stapler to attach a photo to the application form.
Tippex®		n U	/'tɪpeks/	a white liquid used for covering mistakes in something that you are writing or typing	Give the Tippex a moment to dry before you write over it.
Other words & phrases					
advertiser		n C	/'ædvə(r)ˌtaɪzə(r)/	someone who advertises something	So far the newspaper has failed to attract new advertisers.
aggressive	**	adj	/ə'ɡresɪv/	behaving in an angry or rude way that shows you want to fight, attack, or argue with someone	The caller was rude and aggressive.
annoying	**	adj	/ə'nɔɪɪŋ/	making you feel slightly angry or impatient	He has some very annoying habits.
appeal	***	v	/ə'pi:l/	if something appeals to you, you like it or want it	The show's direct approach will appeal to children.
appreciate	**	v	/ə'priːʃiːt/	to be grateful for something	I appreciate your time.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
approval	***	n U	/ə'pru:v(ə)l/	a positive feeling that you have toward someone or something that you think is good or suitable	She's always looking for signs of approval from her boss.
big business		n U	/ˌbɪɡ 'bɪznəs/	important business activity that makes a lot of money	Organized science had allied itself with big business and government.
blank	**	adj	/blæŋk/	blank paper or a blank space is empty and contains no writing or other marks	The last three boxes should be left blank.
bossy		adj	/'bɒsi/	someone who is bossy keeps telling other people what to do, in a way that annoys them	Don't be so bossy!
brand	**	n C	/brænd/	a product or group of products that has its own name and is made by one particular company. The word for a machine or vehicle made by one particular company is a <i>make</i>	We stock all leading brands.
buffet		n C	/'bʊfeɪ/	a meal at which all the food is put on a table and people go and choose what they want	A buffet lunch will be served at 1 o'clock.
bully	*	n C	/'bʊli/	someone who uses their power or social position to threaten or frighten someone else in order to get what they want	When there's a crisis in the office, the happy, joking 'friend' disappears and is replaced by a bossy bully.
catch (sb's) attention		phr	/ˌkætʃ ə'tenʃ(ə)n/	to make someone notice someone or something	How many different ways of catching children's attention are mentioned in the text?
cereal	*	n C / U	/'sɪəriəl/	a food made from grain, for example wheat, oats, or corn, mainly eaten with milk for breakfast	I had a bowl of cereal for breakfast.
client	***	n C	/'klaɪənt/	someone who pays for the services of a professional person such as a doctor or lawyer	She advises clients on their investments.
code	***	n C	/kəʊd/	a set of numbers or letters that gives information about something, for example by showing what it is or when it was made	Write the authorisation code in the box below.
commercial	*	n C	/kə'mɜ:(r)ʃ(ə)l/	an advertisement on television or radio	The company has brought out a new TV commercial.
compete	***	v	/kəm'pi:t/	to try to be more successful than other companies or people in business	We're too small to compete with a company like that.
compliment	*	n C	/'kɒmplɪmənt/	something nice that you say to praise someone	He kept paying me compliments on my cooking.
consumer	***	n C	/kən'sju:mə(r)/	someone who buys and uses goods and services. The expression <i>the consumer</i> is often used for referring to consumers as a group	He has always shown a shrewd understanding of what consumers want.
corridor	**	n C	/'kɒrɪdɔ:(r)/	a long passage inside a building with doors on each side	I went along the corridor to her office.
cover	***	n C	/'kʌvə(r)/	something that you put over something else in order to hide it, protect it, or close it	She put plastic covers on all the furniture.
credit limit		n C	/'kredɪt ˌlɪmɪt/	the maximum amount of money that a customer can borrow using a particular credit card account	The credit card company keeps raising my credit limit.
crisis	***	n C	/'kraɪsɪs/	an urgent, difficult, or dangerous situation	People spend less money in a period of economic crisis.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
cutback		n C	/ˈkʌt,bæk/	a reduction in something such as the amount of money available to spend	The company will be forced to make cutbacks in all departments.
digital	**	adj	/ˈdɪdʒɪt(ə)l/	storing information such as sound or pictures as numbers or electronic signals	I've bought a new digital camera.
district	***	n C	/ˈdɪstrɪkt/	an area of a town or country	They live in one of the most exclusive districts of Paris.
double	***	v / adj	/ˈdʌb(ə)l/	to increase something so that it is twice as big, twice as much, or twice as many	We will take the credit limit on your existing card and double it.
educational	***	adj	/ˌedʒuˈkeɪʃ(ə)nəl/	giving people useful knowledge	The shop sells a wide selection of educational toys.
educationalist		n C	/ˌedʒuˈkeɪʃ(ə)n(ə)lɪst/	an expert in education	The books have been recommended by a leading educationalist.
energy	***	n U	/ˈenə(r)dʒi/	a supply of physical power that you have for doing things that need physical effort	She didn't even have the energy to get out of bed.
enthusiastic	**	adj	/ɪnˌθjuːzɪˈæstɪk/	very interested in something or excited by it	For a while, we were enthusiastic about the idea.
existing	***	adj	/ɪgˈzɪstɪŋ/	used for describing something that exists now, especially when it might be changed or replaced	The existing system needs to be changed.
fizzy		adj	/ˈfɪzi/	a fizzy drink is a sweet drink without alcohol that has bubbles. The usual American word for this is soft drink.	Fizzy drinks usually contain a lot of sugar.
flirt		n C / v	/flɜː(r)t/	to behave towards someone in a way that shows your sexual or romantic interest in them	He flirts outrageously with his female clients.
fundraising		n U	/ˈfʌndreɪzɪŋ/	the activity of trying to persuade people or organizations to give money for a specific purpose, especially for a charity or a political party	The charity spends a lot of its money on fundraising.
gossip		n C / U / v	/ˈɡɒsɪp/	someone who enjoys talking about other people	My uncle Michael was a great gossip.
influence	***	v	/ˈɪnfluəns/	to affect the way that someone thinks or behaves, or to affect the way that something happens	Research has shown that the weather can influence people's behaviour.
interest rate		n C	/ˈɪnrəst ˌreɪt/	the percentage that an institution such as a bank charges or pays you in interest when you borrow money from it or keep money in an account	Consumers have been discouraged by high interest rates.
joker		n C	/ˈdʒɔʊkə(r)/	someone who likes to tell jokes or to do things to make people laugh	He's a real joker.
laser	**	n C	/ˈleɪzə(r)/	a piece of equipment that produces a powerful narrow line of light. It is used for cutting hard substances, directing the paths of missiles, and in medical operations	We bought a new laser printer for the office.
loyalty	**	n U	/ˈlɔɪəlti/	continued use of the products or services of a particular business	Some people show a high level of brand loyalty.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
market research		n U	/ˈmɑː(r)kɪt rɪˈsɜː(r)tʃ/	the process of collecting information about what products people like to buy, or what people like or dislike about a particular product	It's important to do thorough market research first.
mood	***	n C	/muːd/	the way that someone is feeling, for example whether they are happy, sad, or angry	Jeff's been in a bad mood all day.
ordinary	***	adj	/ˈɔː(r)d(ə)n(ə)rɪ/	ordinary people are not famous, rich, or powerful	Millions of ordinary people buy lottery tickets every week.
percentage	**	n C	/pə(r)'sentɪdʒ/	an amount or rate that is equal to a particular part of a total that you have divided by 100	Calculate what percentage of your income you spend on food.
persuade	***	v	/pə(r)'sweɪd/	to make someone agree to do something by giving them reasons why they should	Nobody could persuade her to change her mind.
platinum		n U	/ˈplætɪnəm/	a platinum credit card is one that is usually only available to people with high credit ratings	The Platinum Card is not as good as the Gold Card.
procedure	***	n C	/prə'siːdʒə(r)/	a way of doing something, especially the correct or usual way	Those ticket holders who followed the proper procedure will receive a full refund.
process	**	v	/ˈprəʊses/	to put information into a computer in order to organize it	Data is processed as it is received.
property	***	n C / U	/ˈprɒpə(r)tɪ/	land and the buildings on it	He owns several residential properties in London and New York.
repetitive		adj	/rɪ'petətɪv/	involving repeating the same action over long periods of time	He has a boring repetitive job.
reward	**	v / n C	/rɪ'wɔː(r)d/	something good that happens or that you receive because of something that you have done	For every £100 you spend with your card, we will give you five reward points.
sale	***	n C	/seɪl/	an event or period of time during which a shop reduces the prices of some of its goods	It's the start of the after-Christmas sales.
slogan	*	n C	/ˈsləʊɡən/	a short phrase that is easy to remember and is used to advertise something or to express the beliefs of a political party or other group	The company unveiled its new advertising slogan this week.
snack	*	n C	/snæk/	a small amount of food that you eat between meals	Too many snacks will ruin your appetite.
staff	***	n U	/stɑːf/	the people who work for a particular company, organization, or institution: can be followed by a singular or plural verb	The staff are not happy about the new arrangement.
stationery		n U	/ˈsteɪʃ(ə)n(ə)rɪ/	pens, paper, envelopes, pencils, and other things used for writing	Can I have a pen from the stationery cupboard?
survey	***	n C	/ˈsɜː(r)veɪ/	a set of questions that you ask a large number of people or organizations	This survey shows the percentage of single-parent households in each area.
sweet	*	n C	/swi:t/	a small piece of sweet food made with sugar. The usual American word is candy	I'd like a bag of sweets, please.
taxpayer	**	n C	/ˈtæksˌpeɪə(r)/	someone who pays tax, especially tax on income	Whenever the government messes up, it's the taxpayer who has to foot the bill.
terrible	***	adj	/ˈterəb(ə)l/	very bad in quality or ability	He keeps making terrible jokes.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
trainee		n C	/ˌtreɪˈniː/	someone who is training for a particular profession or job	Trainees will learn a skill that is valued in many countries.
urgent	**	adj	/ˈɜː(r)dʒ(ə)nt/	urgent things are things that you need to deal with immediately	He had some urgent business to attend to.
voucher		n C	/ˈvaʊtʃə(r)/	an official piece of paper that you can use instead of money to buy a particular product or service	She has a voucher for a free swim.
washing powder		n U	/ˈwɒʃɪŋ ˌpaʊdə(r)/	soap in the form of a powder used for washing clothes	The company is launching a new brand of washing powder.
workaholic		n C	/ˌwɜː(r)kəˈhɒlɪk/	someone who spends most of their time working and has little interest in other things	You're a total workaholic.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
Holidays					
action-packed		adj	/ˌæksj(ə)n ˈpækt/	full of activity or exciting events	We had an action-packed weekend.
airline	**	n C	/ˈeə(r)laɪn/	a company that owns aircraft and takes people or goods by plane from one place to another	They flew with Australia's national airline.
beach	***	n C	/bi:tʃ/	an area of sand or small stones beside the sea or a lake	There's a sandy beach just along the coast.
bedding		n U	/ˈbedɪŋ/	the sheets and covers that are used on a bed	They were supplied with food, clothes, and bedding.
brochure	*	n C	/ˈbrəʊʃə(r)/	a small magazine containing details and pictures of goods or services that you can buy	I picked up a copy of their summer travel brochure.
capital	***	n C	/ˈkæpɪt(ə)l/	the city where a country or region has its government	Madrid is the capital of Spain.
check in		v	/ˌtʃek ˈɪn/	to arrive at an airport and show your ticket to an official	You must check in at least one hour before your flight.
check out of		v	/ˌtʃek ˈaʊt əv/	to leave a hotel or a private hospital after paying the bill	Joan had already checked out of the hotel.
cosmopolitan		adj	/ˌkɒzməˈpɒlɪt(ə)n/	showing the influence of many different countries and cultures	The city has a cosmopolitan atmosphere.
deposit	**	n C	/dɪˈpɒzɪt/	a first payment that you make when you agree to buy something expensive such as a car or house. The rest of the money that you pay later is called the balance	She paid a £500 deposit, and agreed to pay the balance within six months.
destination	**	n C	/ˌdestɪˈneɪʃ(ə)n/	the place where someone or something is going	Spain is a popular holiday destination.
exclusive	**	adj	/ɪkˈskluːsɪv/	very expensive, and therefore available only to people who have a lot of money	They had dinner in an exclusive restaurant.
excursion		n C	/ɪkˈskɜː(r)ʃ(ə)n/	a short visit to an interesting place arranged by a tourist organization, often as part of a holiday	We went on a one-day excursion to the Grand Canyon.
exotic	*	adj	/ɪɡˈzɒtɪk/	used for describing things that are interesting or exciting because they are in or from distant foreign countries	They're always flying off to film in exotic locations.
find your way around		phr	/ˌfaɪnd jə(r) ˌwei əˈraʊnd/	to manage to find the places you want to get to in an unfamiliar place	Signs in the town are written in English so it's easy to find your way around.
flight	***	n C	/flaɪt/	a journey through air or space in a vehicle such as a plane	My flight has been delayed.
fun	**	adj	/fʌn/	enjoyable	Scuba diving is a fun thing to do.
guided tour		n C	/ˌgaɪdɪd ˌtuə(r)/	a short journey around a building or place with a person who tells you about what you are seeing or with a pair of headphones on which you can listen to a recorded description of what you are seeing	We went on a guided tour of the castle.
itinerary		n C	/aɪˈtɪnərəri/	a plan of a journey that you are going to make, including information about when and where you will travel	Paris is the first place on our itinerary.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
laid-back		adj	/ˌleɪdˈbæk/	calm and relaxed	She's always so laid-back about everything.
off the beaten track		phr	/ˌɒf ðə ˌbi:t(ə)n ˈtræk/	far away from the places that people usually visit	We stayed in a quaint little village far off the beaten track.
packing	*	n U	/ˈpækɪŋ/	the activity of putting your possessions into bags, cases, or boxes so that you can take or send them somewhere	We're leaving for Rome this evening and I haven't done my packing yet.
postcard	*	n C	/ˈpəʊs(t)kɑ:(r)d/	a small card that you write on one side of and send to someone in the post. It usually has a picture on it and is sent from a place you are visiting	Send me a postcard when you get there.
picturesque	*	adj	/ˌpɪktʃəˈresk/	a picturesque place or scene is attractive, especially because it is old and interesting	Garda is one of the lake's most picturesque resorts.
resort	*	n C	/rɪˈzɔ:(r)t/	a place that many people go to for a holiday	The family usually goes on holiday to a popular seaside resort.
romantic	**	adj	/rəʊˈmæntɪk/	making you have feelings of love and excitement	We had a romantic dinner in an expensive restaurant.
sandy	*	adj	/ˈsændi/	covered with sand, or consisting mostly of sand	There's a golden sandy beach 500 metres from the hotel.
secluded		adj	/sɪˈkluːdɪd/	private, peaceful, and not near other people or places	The hotel has its own secluded beach.
sightseeing		n U	/ˈsaɪtˌsi:ɪŋ/	the activity of travelling around a place to see the interesting things in it	We went on a sightseeing tour of the city.
souvenir	*	n C	/ˌsu:vəˈniə(r)/	something that you buy during a holiday or at a special event to remind you later of being there	She kept the tickets as a souvenir of the evening.
stop off		v / n C	/ˈstɒp əv/ /ˌstɒp ˈɒv/	to visit somewhere before continuing to another place	We stopped off in town on the way to Jenni's house.
suitcase	*	n C	/ˈsu:tˌkeɪs/	a large container with flat sides and a handle used for carrying clothes and other things when you travel	Did you pack this suitcase yourself, sir?
sunscreen		n U	/ˈsʌnˌskri:n/	a cream that you can rub onto your skin to stop it from being burned by the sun	Make sure you apply plenty of sunscreen.
tourist attraction		n C	/ˈtuərɪst əˌtræks(ə)n/	a place to visit that is very popular with tourists	The city has several major tourist attractions.
travel agent		n C	/ˈtræv(ə)l ˌeɪdʒ(ə)nt/	someone whose job is to help people plan holidays and make travel arrangements. The place they work in is also called a travel agent or travel agent's	I phoned the travel agent and asked her to make a reservation for us.
travel rep		n C	/ˈtræv(ə)l ˌrep/	someone whose job is to represent a travel company and help customers while they are on holiday	I'm meeting the travel rep and the other new arrivals for a welcome cocktail in the bar.
upmarket		adj	/ʌpˈmɑ:(r)kɪt/	upmarket services or goods are designed for people who have a lot of money	This area of the city is full of upmarket shops and restaurants.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
Other words & phrases					
abbey		n C	/ˈæbi/	a large church with buildings connected to it where a group of monks or nuns live or used to live	We visited a ruined abbey.
ahead		adv	/əˈhed/	used for saying that something is in front of you, in the direction you are going or looking	His attention was firmly fixed on the road ahead.
amazing	**	adj	/əˈmeɪzɪŋ/	very good, pleasant or enjoyable	I was very nervous at first, but the pilot was very kind and he took us to some amazing places.
ancient	***	adj	/ˈeɪnʃ(ə)nt/	very old	The tour gave us a sense of Ireland's ancient past.
awful	**	adj	/ˈɔːf(ə)l/	used for emphasizing how unpleasant someone or something is	This wine tastes awful.
babysitter	*	n C	/ˈbeɪbɪsɪtə(r)/	someone you pay to come to your house and look after your children while you are not there, especially in the evening	We'll need to find a babysitter.
bargain	**	n C	/ˈbɑː(r)ɡɪn/	something you buy that costs much less than normal	You should be able to pick up a few good bargains.
battery	**	n C	/ˈbæt(ə)ri/	an object that fits into something such as a radio, clock, or car and supplies it with electricity	I need a new battery for my laptop.
bay	**	n C	/beɪ/	an area of the coast where the land curves inwards	The harbour lights were visible across the bay.
bird's-eye view		n C	/ˌbɜːdzaɪ ˈvjuː/	a good view of something from a high position	We had a bird's-eye view of the action from the roof.
bookmark		v	/ˈbʊk.mɑː(r)k/	to mark an Internet website in an electronic way so that you can easily find it again	I bookmarked some websites you might want to look at.
boring	**	adj	/ˈbɔːrɪŋ/	not at all interesting, and making you feel impatient or dissatisfied	It gets boring just being at home all day.
brand-new	*	adj	/ˌbrænd ˈnjuː/	extremely new	I bought a brand-new car last year.
brehtaking	*	adj	/ˈbreθɪteɪkɪŋ/	extremely impressive or beautiful	The scenery along the coast was just breathtaking.
cabin	**	n C	/ˈkæbɪn/	a small simple wooden house	Once you have settled into your cabin, one of our guides will come over to see that everything is to your liking.
catch up on		v	/ˌkætʃ ˈʌp ɪn/	to do something that should have been done before	I just want to go home and catch up on some sleep.
cocktail		n C	/ˈkɒk.teɪl/	a drink, usually with a lot of alcohol in it, made by mixing different drinks together	Complimentary appetizers and cocktails will be served.
colony	**	n C	/ˈkɒləni/	a group of animals or birds of the same type that live in the same area	The island is home to a huge colony of penguins.
congratulations		n pl	/kənˌgrætʃʊˈleɪʃ(ə)nz/	used for telling someone that you are pleased about their success, good luck, or happiness on a special occasion	Congratulations on your 50th wedding anniversary.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
delegation	**	n C	/ˌdeɪləˈgeɪʃ(ə)n/	a group of people who represent a country, government, or organization	They agreed to send a delegation to the African summit meeting.
depths	***	n pl	/depθs/	the depths of something is a place that is very far away or very far inside an area	Before we take you back into the depths of time, we will see the Hill of Tara.
dramatic	***	adj	/drəˈmætrɪk/	exciting and impressive	Ireland's west coast is one of the most beautiful and dramatic places on earth.
dreadful	**	adj	/ˈdredf(ə)l/	very bad or unpleasant	It was good for both of us to get away from that dreadful new woman at work.
eloquent		adj	/ˈeləkwənt/	expressing what you mean using clear and effective language	He made an eloquent speech.
enjoyable	*	adj	/ɪnˈdʒɔɪəb(ə)l/	something that is enjoyable gives you pleasure	Most students find the course very enjoyable.
exhausted	*	adj	/ɪɡˈzɔːstɪd/	extremely tired and without enough energy to do anything	You're going to be exhausted with all that windsurfing.
fan	**	n C	/fæn/	someone who likes watching or listening to something such as a sport, films, or music very much, or who admires a famous or important person very much	I'm a big fan of Johnny Depp.
fantastic	**	adj	/fænˈtæstɪk/	extremely good or pleasant	He looked absolutely fantastic.
fascinating	**	adj	/ˈfæsɪneɪtɪŋ/	making you very interested or attracted	Ireland is a fascinating place.
fate	**	n U	/feɪt/	a power that some people believe controls everything that happens in their lives	Fate has dealt these people a cruel blow.
firm	***	adj	/fɜː(r)m/	definite and not likely to change	Have you set a firm date for the meeting?
flexibility	**	n U	/ˌfleksəˈbɪləti/	the ability to make changes or to deal with a situation that is changing	Being self-employed allowed him the flexibility to work unusual hours.
get round to sth		phr	/get ˈraʊnd tə/	to do something after you have intended to do it for some time	I meant to call you, but somehow I never got round to it.
giant	**	adj / n C	/ˈdʒaɪənt/	extremely large	The match was shown on giant video screens.
goalkeeper	*	n C	/ˈgəʊlˌkiːpə(r)/	the player whose job is to stop the ball going into the goal in games such as football	The goalkeeper is the only player who is allowed to handle the ball.
gorgeous	*	adj	/ˈgɔː(r)dʒəs/	very beautiful	Mandy was there, looking gorgeous as usual.
guidance	**	n U	/ˈgaɪd(ə)ns/	advice about what you should do or how you should behave	I need some guidance on which university course I should choose.
harbour	**	n C	/ˈhɑː(r)bə(r)/	an area of water near the land where it is safe for boats to stay. A port is a harbour where passengers and goods can be taken on and off	The town has a splendid natural harbour.
harp		n C	/hɑː(r)p/	a musical instrument consisting of a row of strings stretched over a large upright frame. Someone who plays a harp is called a harpist.	Margaret is a brilliant harp player.
hero	**	n C	/ˈhɪərəʊ/	someone who has done something brave, for example saving a person's life or risking their own life	My grandfather was a war hero.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
heritage	**	n U	/ˈherɪtɪdʒ/	the art, buildings, traditions, and beliefs that a society considers important to its history and culture	Ireland has a rich musical heritage.
highlight	*	n C	/ˈhaɪlaɪt/	the most exciting, impressive, or interesting part of an event	The highlight of the trip was visiting the Great Wall of China.
hill	***	n C	/hɪl/	an area of land that is higher than the land surrounding it but smaller and lower than a mountain	They climbed slowly to the top of the hill.
honeymoon	*	n C	/ˈhʌniˌmuːn/	a holiday that two people take after they get married	Where are you going on your honeymoon?
horrible	**	adj	/ˈhɒrəb(ə)l/	very unpleasant	I've had a horrible day at work.
hyper-organized		adj	/ˌhaɪpə(r)ˈɔː(r)gənaɪzd/	a hyper-organized person arranges and plans activities very carefully and effectively	You are obviously hyper-organized and you like to make sure that you have everything under control months ahead of time.
in particular		phr	/ɪn pə(r)ˈtɪkjʊlə(r)/	especially	I liked the last candidate in particular.
in person		phr	/ɪn ˈpɜː(r)s(ə)n/	talking to someone directly rather than writing to them or phoning them	We wanted to break the news in person.
indoor	*	adj	/ˈɪndɔː(r)/	done or used inside a building	The hotel has an indoor swimming pool.
instructor		n C	/ɪnˈstrʌktə(r)/	someone whose job is to teach a skill or a sport	A qualified instructor will show you how to use the equipment.
kayak		n C	/ˈkaɪæk/	a small covered canoe (=narrow boat with a point at each end) that you move with a single paddle that has two flat ends	You can hire kayaks at the hotel.
knockout		n C	/ˈnɒkaʊt/	someone or something that is extremely attractive or impressive	You can't beat Italian women. Stunning. Gorgeous. Absolute knockout.
last-minute	*	adj	/ˌlɑːst ˈmɪnɪt/	happening or done at the latest possible time	There has been a last-minute alteration to the flight schedule.
lens	*	n C	/lenz/	a piece of equipment that is part of a camera	She's got a camera with a telescopic lens.
lie in		in v	/ˈlaɪ ɪn/	to stay in bed in the morning for longer than usual	We usually lie in on Sundays.
logical	**	adj	/ˈlɒdʒɪk(ə)l/	connecting ideas or reasons in a sensible way	She made a very logical argument.
make up your mind		phr	/ˌmeɪk ʌp jə(r)ˈmaɪnd/	to make a decision	I can't make up my mind whether to go or not.
memorable		adj	/ˈmem(ə)rəb(ə)l/	worth remembering or easy to remember, because of being special in some way	The romantic evening cruise will be a memorable experience.
option	***	n C	/ˈɒpʃ(ə)n/	something that you can choose in a particular situation	We have three different options for financing the house.
penny		n C	/ˈpeni/	one pence, the smallest unit of British currency	We're going to spend every single penny of our savings.
pilot	***	n C	/ˈpaɪlət/	someone who flies an aircraft	He's training to be an airline pilot.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
pony		n C	/ˈpəʊni/	a small horse	She's been mad on ponies since she was a little girl.
precise	**	adj	/prɪˈsaɪs/	exact and accurate	The journey takes just over fourteen hours, fourteen hours and fifteen minutes to be precise.
range	***	n C	/reɪndʒ/	a group of products of the same type that a particular company makes or that a particular shop sells	We stock a wide range of office furniture.
reckon	***	v	/ˈrekən/	to believe that something is true	I reckon there's something wrong with him.
respectable	*	adj	/rɪˈspektəb(ə)l/	obeying the moral or social standards that are accepted by most people	He makes his living in a perfectly respectable trade.
rock climbing		n U	/ˌrɒk ˈklaɪmɪŋ/	the activity of climbing the side of a mountain or large rock for enjoyment, usually using ropes and other equipment. Rock climbing is often simply called climbing	Juliet goes rock climbing nearly every weekend.
round sth off		v	/ˌraʊnd ˈɒf/	to end something in a satisfactory way	Mr Orme rounded off the evening by buying everyone a drink.
saint		n C	/seɪnt/	someone who the Christian church officially honours after their death because they have lived an especially holy life. Saint is often written as St before a person's name	It was a holy place, the shrine of a saint.
sculpture	**	n C	/ˈskʌlptʃə(r)/	a solid object that someone makes as a work of art by shaping a substance such as stone, metal, or wood	Works to be shown include sculptures by Houdon and Carpeaux.
seal	**	n C	/si:l/	a large sea animal that eats fish and lives mainly in cold parts of the world. Seals are amphibious (=they can live both in water and on land). A young seal is called a pup	Seals are related to walruses and sea lions.
settle into		v	/ˌset(ə)l ˈɪntuː/	to make yourself comfortable in a place because you are going to stay there for a long time	We settled into our tent.
shot	***	n C	/ʃɒt/	a photograph	Harold took a great shot of the dogs playing together.
site	**	n C	/saɪt/	a place where something happened, especially something interesting or important, or where there is an important building	As the sun sets, the highlight of the day will be a guided tour of the World Heritage Site of Newgrange.
step	***	n C	/step/	a particular movement or set of movements performed with your feet when you are dancing	Juan was practising his new dance steps for the competition.
stunning	*	adj	/ˈstʌnɪŋ/	extremely attractive	She's a stunning blonde.
superb	**	adj	/sʊˈpɜː(r)b/	of the highest quality	The hotel offers superb views of the lake.
talkative		adj	/ˈtɔːkətɪv/	a talkative person talks a lot	Why are you so quiet? You're usually very talkative.
terrible	***	adj	/ˈterəb(ə)l/	very bad in quality or ability	The weather was terrible for skiing. There was no snow.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
thrill		n C / v	/θrɪl/	a sudden feeling of being very excited and pleased	We felt the thrill of visiting a new city.
unbeatable		adj	/ʌnˈbi:təb(ə)l/	better than anything else of the same type	The company offers an unbeatable selection of excursions.
unexpectedly		adv	/ˌʌnɪkˈspektɪdli/	in a way which is surprising and not planned	Our friends arrived unexpectedly this morning.
via	***	prep	/ˈvi:ə/ /ˈvi:ə/	going through one place on the way to another place	They flew from New York to New Delhi via Frankfurt.
wild	***	adj	/waɪld/	a wild area is one where people do not live or cannot live	You'll have breathtaking views of the wild Aran Islands.
windsurfing		n U	/ˈwɪn(d)ˌsɜ:(r)fɪŋ/	a sport in which you move across water standing on a flat board with a sail that you can move	With shallow waters and strong winds, it is a good place for windsurfing.
zoom lens		n C	/zu:m lenz/	a piece of equipment that you attach to your camera so that you can take photographs of things that are very close or very far away	Don't forget to bring a camera with a zoom lens for once-in-a-lifetime shots.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
Phrasal verbs with live					
live for sth		phr	/ˈlɪv fə(r)/	to think someone or something is so important that they are your main reason for living	She lives for her work.
live off sth/sb		phr	/ˈlɪv ɒf/	to depend on someone or something for the money or food that you need	He's 25 and still living off his parents.
live on sth		phr	/ˈlɪv ɒn/	to have a particular amount of money to buy the things that you need to live	They have to live on a pension of £350 a month.
live out of sth		phr	/ˈlɪv aʊt əv/	to keep all your clothes and possessions in something, for example a suitcase or a car	I've been living out of a suitcase ever since I moved.
live through sth		phr	/ˈlɪv θruː/	to experience a dangerous or unpleasant situation and still be alive after it	These are people who have lived through two world wars.
live up to sth		phr	/lɪv ˈʌp tə/	to be as good as what was expected or promised	The breathtakingly beautiful scenery certainly lived up to expectations.
Metaphor					
at a crossroads		phr	/ˌæt ə ˈkrɒsrəʊdz/	at a point during the development of something when you have to make an important decision about what to do next	His life was at a crossroads.
embark on a new stage of life		phr	/ɪmˌbɑː(r)k ɒn ə ˌnjuːˈsteɪdʒ əv ˈlaɪf/	to begin a new part of your life in which you are doing something different or a situation has changed	He returned to New York where he embarked on a new stage of his life and became an actor.
go their separate ways		phr	/ˌɡəʊ ðeə(r) sep(ə)rət ˈweɪz/	to end a relationship with a partner and decide to live or work apart	His parents decided to go their separate ways and Viggo went to New York with his mother.
his life took off		phr	/hɪz ˌlaɪf tʊk ˈɒf/	he suddenly became successful in life	Suddenly, his life took off.
move on		phr	/ˌmuːv ˈɒn/	to leave one place and travel to another	He chose to go to Europe, but after two years, he decided it was time to move on again.
no turning back		phr	/ˌnəʊ tɜː(r)nɪŋ ˈbæk/	used when it is no longer possible or desirable to stop doing something and to return to a previous situation or condition	He soon got roles in films with top directors and it became clear that there was no turning back.
take a new direction		phr	/ˌteɪk ə ˌnjuːˈdrɪˌrekʃ(ə)n/	to start doing something completely new or different	He wanted to take a new direction.
take an unexpected turn		phr	/ˌteɪk ən ʌnɪkspektɪd ˈtɜː(r)n/	to change in a way that is unexpected and leads to a new situation	His life took an unexpected turn.
Life stages					
adolescent		n C / adj	/ˌædəˈles(ə)nt/	a boy or girl who is changing into a young man or woman. The physical changes that take place at this time are known as puberty. An adolescent between the ages of 13 and 19 is called a teenager	Adolescents may need reassurance that their parents still love them.
adult	***	n C / adj	/ˈædʌlt; əˈdʌlt/	someone who is no longer a child and is legally responsible for their actions	Tickets are £2.50 for adults and £1.50 for children.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
elderly	***	adj	/ˈeldə(r)li/	an elderly person is old. Many people now think that this word is offensive but it is often used in talking about policies and conditions that affect old people	An elderly gentleman was standing at the reception desk.
in your early/late forties		phr	/ɪn jə:(r) ,ɜ:(r)li/leɪt ˈfɔ:(r)tɪz/	near the beginning/end of being aged 40-49	She's middle-aged, probably in her late forties or early fifties.
middle-aged	*	adj	/ˌmɪd(ə)lˈeɪdʒd/	no longer young but not yet old	He seems prematurely middle-aged.
pensioner	**	n C	/ˈpenʃ(ə)nə(r)/	someone who receives a pension from the government after they reach the age when they are officially old enough to stop working	They are old-age pensioners.
retired	*	adj	/rɪˈtaɪə(r)d/	no longer working because you have reached the age where you are officially too old to work	My father's retired now.
teenager	**	n C	/ˈtiːn,eɪdʒə(r)/	a young person between the ages of 13 and 19	He's behaving like a lovesick teenager.
toddler	*	n C	/ˈtɒdlə(r)/	a very young child who is learning how to walk	With a little toddler around, it all turns into a game.
Exclamations with <i>what</i>					
What a good idea!		phr	/ˌwɒt ə ˌɡʊd aɪˈdɪə/	used to express strong agreement with an idea	Oh, yeah. I hadn't thought of that. What a good idea!
What a day!		phr	/ˌwɒt ə ˈdeɪ/	used to say that a day was particularly good, bad or surprising in some way	What a day! I've been running around since 6 o'clock.
What a mess!		phr	/ˌwɒt ə ˈmes/	used to say that a place is very untidy or a situation is very complicated	What a mess! We have to tidy the kitchen.
What a night!		phr	/ˌwɒt ə ˈnaɪt/	used to say that a night was particularly good, bad or surprising in some way	What a night! We stayed out until 6 in the morning.
What a nightmare!		phr	/ˌwɒt ə ˈnaɪt,mɛə(r)/	used to say that something that happens is very bad	My flat is full of water. What a nightmare!
What a nuisance!		phr	/ˌwɒt ə ˈnjuːs(ə)ns/	used to say that something that happens is very annoying	What a nuisance! I've lost my car keys.
What a relief!		phr	/ˌwɒt ə rɪˈliːf/	used to say that you are happy and relaxed because something bad has not happened or a bad situation has ended	What a relief! I've found my wallet.
What a shame!		phr	/ˌwɒt ə ˈʃeɪm/	used to say that something is very disappointing	What a shame! I thought you would win the competition.
What a surprise!		phr	/ˌwɒt ə sə(r)ˈpraɪz/	used to say that something is very unexpected	What a surprise! I had no idea you were planning a birthday party.
What a waste of time!		phr	/ˌwɒt ə ˌweɪst əv ˈtaɪm/	used to say that doing something is not worth the time it would take	I spent all day working and then my computer crashed. What a waste of time!
What bad luck!		phr	/ˌwɒt ˌbæd ˈlʌk/	used to say that something or someone was very unlucky	Our flight was delayed so we missed our connection. What bad luck!
What an idiot!		phr	/ˌwɒt ən ˈɪdɪət/	used to say that someone has behaved in a very stupid way	Why is he doing that? What an idiot!

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
Other words & phrases					
anniversary	**	n C	/ˌænɪˈvɜː(r)s(ə)ri/	a date when you celebrate something that happened in a previous year that is important to you	Our wedding anniversary is on the 14th of July.
bake	*	v	/beɪk/	to make bread, cakes etc using an oven	The chef has baked a special cake.
ballistic		phr	/bəˈlɪstɪk/	if you go ballistic, you become extremely angry	Oh no, I couldn't do that. He'll go ballistic!
basically	**	adv	/ˈbeɪsɪkli/	used for emphasizing the most important point or idea in what you are saying	Basically, you should have asked me first.
blow out		v	/ˌbləʊ ˈaʊt/	if you blow out a flame, or if it blows out, it stops burning because you blow on it or because of the wind	He blew out all 60 candles on his birthday cake.
blush	*	v	/blʌʃ/	if you blush, your cheeks become red because you feel embarrassed or ashamed	She blushed with embarrassment.
boss	***	n C	/bɒs/	the person who is in charge of you at work	I'll ask my boss if I can have a day off next week.
candle	**	n C	/ˈkænd(ə)l/	a stick of wax with a string in it called a wick that you burn to give light	Everybody is looking forward to helping Florrie blow out her 113 candles.
childcare		n U	/ˈtʃaɪldˌkeə(r)/	the job of looking after children, especially while their parents are working	A lack of adequate childcare is making it difficult for women to return to work.
consequence	***	n C	/ˈkɒnsɪkwəns/	a result or effect of something	She said exactly what she felt, without fear of the consequences.
consultant	**	n C	/kənˈsʌltənt/	an expert or a professional person whose job is to give help and advice on a particular subject	She works as a design consultant.
contract	***	n C	/ˈkɒntrækt/	a written legal agreement between two people or businesses that says what each must do for the other or give to the other	After six months she was offered a contract of employment.
decorator		n C	/ˈdekəˌreɪtə(r)/	someone whose job is to paint houses and put paper on the walls	He works as a painter and decorator.
embarrassment	*	n U	/ɪmˈbærəsmənt/	a feeling of being nervous or ashamed because of what people know or think about you	I felt my face burning with embarrassment.
expectation	***	n C	/ˌekspekˈteɪʃ(ə)n/	a belief that something should happen in a particular way, or that someone or something should have particular qualities or behaviour	Mark and Susie went into marriage with very different expectations.
fade	**	v	/feɪd/	if your memory fades, it becomes worse or less clear	Her short term memory is fading.
farmhand		n C	/ˈfɑː(r)mˌhænd/	someone whose job is to work outside on a farm	He learned a lot about farming this summer by working as a farmhand.
fee	***	n C	/fiː/	money that you pay to a professional person or institution for their work	Tuition fees at Stanford have now reached £9,000 a year.
fiercely		adv	/ˈfɪə(r)slɪ/	used for emphasizing what you are saying, especially how strong or severe something is	Publishing has become a fiercely competitive industry.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
fire	***	v	/ˈfaɪə(r)/	to make someone leave their job, sometimes as a punishment	She was fired for refusing to comply with safety regulations.
found	***	v	/faʊnd/	to start an organization, company, political party, etc	His life took a new direction when he founded a publishing company.
generation	***	n C	/ˌdʒenəˈreɪʃ(ə)n/	all the members of a family who are of a similar age and whose parents are of a similar age	She is celebrating her 113th birthday surrounded by four generations of her family.
get in touch with sb		phr	/ˌget ɪn ˈtʌtʃ wɪð/	to speak or write to someone, especially after you have not spoken to them for a long time	I must get in touch with the bank and arrange an overdraft.
graduate	**	n C / v	/ˈgrædʒuət; ˈgrædʒuət/	to complete your studies at a university or college, usually by getting a degree	He graduated from Yale University in 1936.
guilty	***	adj	/ˈɡɪlti/	ashamed and sorry because you have done something wrong	I still feel guilty about things I said to my mother when I was a teenager.
hell	***	n U	/hel/	a situation that is extremely unpleasant	It's been hell trying to keep this secret for so long.
hill	***	n C	/hɪl/	a steep slope in a path or road	She walked up and down a long steep hill twice a day.
iced		adj	/aɪst/	an iced cake or biscuit is covered with icing	Sarah is responsible for the iced cake decorations.
invitation	**	n C	/ˌɪnvɪˈteɪʃ(ə)n/	a written or spoken request asking someone to spend time with you socially or to come to a social event	The wedding invitations went out yesterday.
irresponsible		adj	/ˌɪrɪˈspɒnsəb(ə)l/	not sensible or able to be trusted to behave in a reasonable way	He's an irresponsible driver.
lamb	**	n C	/læm/	a young sheep	It's always a joy to see the new lambs playing in the springtime.
make sense		phr	/ˌmeɪk ˈsens/	to be practical and sensible	It makes sense to keep such information on disk.
medication		n U	/ˌmedɪˈkeɪʃ(ə)n/	a drug that you take to treat or cure an illness	Are you taking any medication?
mentally		adv	/ˈment(ə)li/	in a way that relates to the mind	In London I was stressed and often mentally exhausted.
miss out on sth		v	/mɪs ˈaʊt ɒn/	to lose an opportunity to do or have something	He narrowly missed out on the world record.
moving	**	adj	/ˈmuːvɪŋ/	making you feel emotional	It's one of the most moving experiences I've ever had.
nappy		n C	/ˈnæpi/	a thick piece of soft cloth or paper fastened between a baby's legs to catch solid and liquid waste. The American word is diaper	I think his nappy needs changing.
nursery	**	n C	/ˈnɜː(r)s(ə)ri/	a school for children between the ages of three and five	She goes to nursery every day now.
orchestra	**	n C	/ˈɔː(r)kɪstrə/	a large group of musicians using many different instruments to play mostly classical music. The person in charge of an orchestra is its conductor	This summer the orchestra will perform ten concerts.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
outfit	*	n C	/ˈaʊtfɪt/	a set of clothes that are worn together	I need a new outfit for the wedding.
overworked		adj	/ˌəʊvə(r)ˈwɜː(r)kt/	forced to work too hard	I'm feeling overworked these days.
playgroup		n C	/ˈpleɪˌɡruːp/	a place where children between the ages of two and four go to play and learn. The usual American word is pre-school.	There are plenty of playgroups and toddlers clubs.
PR (public relations)		n U	/ˌpiːˈɑː(r)/	the activity of creating a good opinion among people about a person, product, company, or institution	She was a successful PR consultant and life was going well.
promotion	***	n C / U	/prəˈmɔʊʃ(ə)n/	a move to a higher level in a company, institution, or sport	His number one objective is to get a promotion.
put two and two together		phr	/pʊt ˌtuː ən ˌtuː təˈɡeðə(r)/	to guess what is happening or what something means as a result of what you have seen or heard	People saw them talking and put two and two together.
radical	**	adj	/ˈrædɪk(ə)l/	a radical change or way of doing something is new and very different from the usual way	He proposed a radical solution to the problem of juvenile crime.
rebellious		adj	/rɪˈbeljəs/	opposing authority or accepted ways of doing things	Dan has always had a rebellious streak.
redundancy	**	n C	/rɪˈdʌndənsi/	a situation in which someone is told to leave their job because they are no longer needed	Over 500 workers face redundancy if the factory closes.
regret	**	n C / v	/rɪˈɡret/	a feeling of sadness about something that you wish you had not said or done	I have no regrets about leaving the army.
scholarship	*	n C	/ˈskɒlə(r)ʃɪp/	an amount of money that an organization gives to someone so that they can study at a particular school or university	She won a scholarship to Oxford.
sherry		n U	/ˈʃeri/	a strong wine from southern Spain, often drunk before a meal	They gave us a bottle of sherry last Christmas.
social security	*	n U	/ˌsəʊʃ(ə)l sɪˈkjʊərəti/	money that someone receives regularly from the government regularly because they do not have a job or are too ill or old to work	There's no point working if you can live off social security.
steep	**	adj	/stiːp/	a steep slope rises quickly and is difficult to climb	It was a steep climb out of the valley.
stressful		adj	/ˈstresf(ə)l/	involving or causing a lot of pressure or worry	My new job is much less stressful.
superficial	*	adj	/ˌsuːpə(r)ˈfiʃ(ə)l/	lacking in important meaning	Everything about my past life suddenly seemed superficial.
suspect	***	v	/səˈspekt/	to believe that something is true, especially something bad	Mum and Dad suspect that we have been planning something special.
take sth/sb seriously		phr	/ˌteɪk ˈsɪəriəsli/	to think that someone/something is important and should be given careful attention	I asked Kathy if I could work for her, she refused to take me seriously at first.
tattoo		n C	/tæˈtuː/	a permanent picture that is drawn on a part of your body by putting ink into your skin with a needle	He has a tattoo of a dragon on his right arm.
toast		v	/təʊst/	to drink a toast to someone	Everybody toasted her good health.
tractor		n C	/ˈtræktə(r)/	a vehicle used on farms, for example to pull machines	She has learnt to drive a tractor.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
travel expenses		n pl	/ˈtræv(ə)l ɪkˌspensəz/	money that you spend on travelling as part of your job	We realized that after tax and travel expenses, we were paying more money in childcare than I was earning.
unsure	*	adj	/ʌnˈʃʊə(r)/	not certain about something	If you're unsure, ask the customer to spell their name.
unthinkable		adj	/ʌnˈθɪŋkəb(ə)l/	impossible to imagine	An agreement between the two countries was unthinkable.
violinist		n C	/ˌvaɪəˈlɪnɪst/	someone who plays the violin, especially as their job	One of his colleagues in the restaurant has also been looking for a job as a violinist.
wise	**	adj	/waɪz/	a wise person is able to make good choices and decisions because they have a lot of experience	Sally is a wise and cautious woman.
youthful		adj	/ˈjuːθf(ə)l/	someone who is youthful has many of the positive qualities considered to be typical of young people	She's an astonishingly youthful widow of 65.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
Newspapers					
article	***	n C	/ˈɑː(r)tɪk(ə)l/	a piece of writing about a particular subject that is published in a newspaper or magazine	He has written several articles for <i>The Times</i> .
circulation	**	n U	/ˌsɜː(r)kjʊˈleɪʃ(ə)n/	the number of copies of a newspaper or magazine sold each day, week etc	It's a newspaper with a daily circulation of more than 2 million.
daily	***	adj / n C	/ˈdeɪli/	a newspaper that is published every day, except Sunday	None of the dailies reported the story.
feature	***	n C / v	/ˈfi:tʃə(r)/	a newspaper or magazine article that concentrates on a particular subject	It's a special feature on new children's books.
headline	**	n C	/ˈhedˌlaɪn/	the title of a newspaper story that is printed in large letters	The front-page headline read 'Royal Love Scandal'.
journalist	**	n C	/ˈdʒɜː(r)nəlɪst/	someone whose job is to report the news for a newspaper, magazine, radio programme, or television programme	I read an article by a leading sports journalist yesterday.
left-wing		adj	/ˈleft ˌwɪŋ/	socialist in your political beliefs	If it were less left-wing, the paper would have better circulation figures.
news coverage		n U	/ˈnjuːz ˌkʌv(ə)rɪdʒ/	the amount of attention that television, radio, and newspapers give to something, or the way in which something is reported	Which paper do you think has the best international news coverage?
press	***	n U	/pres/	newspapers and news magazines	She has been criticized in the press for not speaking out on this issue.
quality newspaper		n C	/ˌkwɒləti ˈnjuːzpeɪpə(r)/	a newspaper which is generally believed to contain more serious news than tabloid newspapers	What are the most popular quality newspapers in your country?
right-wing		adj	/ˈraɪt ˌwɪŋ/	conservative in your political beliefs	Which newspapers are considered right-wing or left-wing?
Compound nouns (driving)					
credit card	**	n C	/ˈkredɪt ˌkɑː(r)d/	a small plastic card that you use to buy things now and pay for them later. A similar card that you use to pay for things directly from your bank account is called a debit card	I cancelled all my credit cards.
driving licence		n C	/ˈdraɪvɪŋ ˌlaɪs(ə)ns/	an official document that you need in order to drive. The American word is driver's license	I need to apply for a new driving licence.
ID card		n C	/aɪˈdiː ˌkɑː(r)d/	an official document or card that shows who you are	They want people to carry an ID card at all times.
mobile phone	**	n C	/ˌməʊbaɪl ˈfəʊn/	a small phone that you can carry around with you. The usual American word is cell phone	My mobile phone needs recharging.
motorway	**	n C	/ˈməʊtə(r)ˌweɪ/	a wide road with several lanes of traffic going in each direction, built for fast travel over long distances	We're driving along a three-lane motorway.
no-parking zone		n C	/nəʊˈpɑː(r)kɪŋ ˌzəʊn/	an area in which you are not allowed to park your car	He parked his car in a no-parking zone.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
one-way street		n C	/ˌwʌnweɪ ˈstri:t/	a street in which cars are only allowed to travel in one direction	You're driving the wrong way down a one-way street!
police station	*	n C	/pəˈli:s ˌsteɪʃ(ə)n/	the building where the local police force works	He is being held in a police station in central London.
seatbelt		n C	/ˈsi:tbel/	a strong belt in a car or plane that you fasten around yourself to hold you in your seat	Don't forget to fasten your seatbelt.
speed limit		n C	/ˈspi:d ˌlɪmɪt/	the fastest speed allowed for vehicles in a particular area	You were driving well over the speed limit.
traffic lights		n C	/ˈtræfɪk ˌlaɪts/	a set of red, yellow, and green lights that control traffic	Stop at the traffic lights.
Law and order					
arrest	**	v	/əˈrest/	if the police arrest someone, they take that person to a police station because they believe he or she has committed a crime. Someone who has been arrested is under arrest, and if they are not allowed to leave, they are in custody	Police raided the store at dawn, arresting six men and seizing hundreds of pirated CDs.
clue	**	n C	/klu:/	an object or fact that someone discovers that helps them solve a crime or mystery	Detectives were brought in to help search for clues.
court	***	n C	/kɔ:(r)t/	a place where trials take place and legal cases are decided, especially in front of a judge and a jury or a magistrate	The letter was read aloud in court.
crime	***	n C / U	/kraɪm/	an illegal activity or action	She was unaware that she had committed a crime.
criminal	*	n C	/ˈkrɪmɪn(ə)l/	someone who has committed a crime	The system is designed to prevent criminals from reoffending.
evidence	***	n U	/ˈevɪd(ə)ns/	facts, statements, or objects that help to prove whether or not someone has committed a crime	The police didn't have enough evidence to convict him.
gangster		n C	/ˈgæŋstə(r)/	a member of an organized group of criminals	It's a movie about Chicago gangsters in the 1920s.
guilty	***	adj	/ˈɡɪlti/	someone who is guilty has committed a crime	He was found guilty of manslaughter.
hold-up		n C	/ˈhəʊldʌp/	a situation in which someone threatens people in a bank or shop with a gun in order to get money or goods	There was a hold-up at the bank this morning.
innocent	*	adj	/ˈɪnəs(ə)nt/	not guilty of a crime	Under the law, everyone is considered innocent until proved guilty.
jail	*	n C	/dʒeɪl/	a place where people are put after they have been arrested, or where people go as punishment for a crime	She's been sent to jail for murder.
judge	***	n C	/dʒʌdʒ/	someone whose job is to make decisions in a court of law	The judge sentenced her to ninety days in prison.
jury	**	n C	/ˈdʒʊəri/	a group of people, usually 12, who judge a court case. Members of a jury are ordinary members of the public: can be followed by a singular or plural verb	The jury returned its verdict after five hours' deliberation.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
mask	**	n C	/mɑ:sk/	something that you wear to cover part or all of your face in order to hide who you are or for decoration	They were robbed by a man wearing a ski mask.
punishment	**	n C	/ˈpʌnɪʃmənt/	a way in which someone is punished	A 1994 law increased punishments for overloaded trucks.
revolver		n C	/rɪˈvɒlvə(r)/	a small gun that holds several bullets	She drew her revolver and fired two shots.
rob	**	v	/rɒb/	to take money or property illegally from a person or place, often using threats or violence	They were planning to rob the museum.
robber	*	n C	/ˈrɒbə(r)/	someone who takes money or property illegally, often by using threats or violence	He was a famous bank robber.
robbery	*	n C	/ˈrɒbəri/	the crime of taking money or property illegally, often by using threats or violence	He was arrested and charged with armed robbery.
sentence	**	v	/ˈsentəns/	when a judge sentences someone, they officially state what someone's punishment will be	He was sentenced to 15 years in prison.
solicitor		n C	/səˈlɪsɪtə(r)/	in the UK, a lawyer who gives legal advice, writes legal contracts, and represents people in the lower courts of law	You will be hearing from my solicitor.
stick-up		n C	/ˈstɪkʌp/	an occasion when someone tries to steal money from a bank, shop etc by threatening people with a gun	Nobody move! This is a stick-up!
thief	**	n C	/θi:f/	someone who steals something. An instance of stealing something is called a theft	The thief stole a valuable painting from the museum.
trial	***	n C	/ˈtraɪəl/	the process of examining a case in a court of law and deciding whether someone is guilty or innocent. When a case comes to trial, it is brought to a court and the person who has been accused of a crime stands trial (=appears in court)	They're on trial for armed robbery.
victim	***	n C	/ˈvɪktɪm/	someone who has been harmed, injured, or killed as the result of a crime	He was a murder victim.
violent	**	adj	/ˈvaɪələnt/	involving the use of physical force, with the deliberate intention of causing damage to property or injury or death to people	Statistics show a fall in both violent and non-violent crime.
witness	**	n C	/ˈwɪtnəs/	someone who sees a crime, accident, or other event happen	Detectives are appealing for witnesses.
Other words & phrases					
abandon	**	v	/əˈbændən/	to stop something that you are doing or planning to do, especially because it is too difficult to continue	We had to abandon our plans.
access	***	n U	/ˈækses/	the legal right to visit your children after you are divorced	The men, all divorced fathers, were protesting at being refused access to their children.
annual	***	adj	/ˈænjʊəl/	calculated or considered over a period of one year	His annual salary is £20,000.
attitude	***	n C	/ˈætɪ,tʃu:d/	someone's opinions or feelings about something, especially as shown by their behaviour	Attitudes towards the older members of the group will have to change.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
best-selling		adj	/ˌbestˈselɪŋ/	a best-selling product is popular and successful, and sells in large numbers	The best-selling daily newspaper in the UK is <i>The Sun</i> .
biscuit	**	n C	/ˈbɪskɪt/	a type of small flat dry cake that is usually sweet and round. The usual American word is cookie	I'm going to the shop to buy a packet of biscuits.
cable	**	n C	/ˈkeɪb(ə)l/	cable television	The company broadcasts on satellite and cable.
cool off		v	/ˈkuːlɒf/	to become cooler after being very hot	The protest ended with hot protesters cooling off in the Cibeles fountain.
cream	**	n U	/kri:m/	a thick yellowish-white liquid taken from the top of milk	What would you do if someone threw a cream pie in your face?
crossword	*	n C	/ˈkrɒs,wɜ:(r)d/	a word game on paper, in which the answers to questions called clues are written in rows of squares that cross each other so that some letters are shared	I can't finish the crossword in today's newspaper.
cyclist	*	n C	/ˈsaɪklɪst/	someone who rides a bicycle	Watch out for cyclists when you turn.
demand	***	v	/dɪˈmɑ:nd/	to say in a very firm way that you want something	Angry MPs are demanding an inquiry into the deal.
demonstration	**	n C	/ˌdemənˈstreɪʃ(ə)n/	an occasion when a large group of people protest about something	Angry students held demonstrations in the university square.
developing world		n	/dɪˌveləpɪŋ ˈwɜ:(r)ld/	poor countries that do not have many modern industries	In theory, the job of the World Bank is to improve the living standards of people in the developing world.
divorced	**	adj	/dɪˈvɔ:(r)st/	no longer married because the marriage has been legally ended	After they got divorced, she never remarried.
employer	***	n C	/ɪmˈplɔɪə(r)/	a person, company, or organization that pays someone to work for them as a member of their staff	Daniel's employers offered to pay for the course.
endanger		v	/ɪnˈdeɪndʒə(r)/	to put someone or something into a situation where they might be harmed or damaged	The hospital is accused of endangering patients lives.
engineering	***	n U	/ˌendʒɪˈnɪərɪŋ/	the activity of designing things such as roads, railways, bridges, or machines	It is the country's biggest engineering company.
exaggerated		adj	/ɪgˈzædʒəˌreɪtɪd/	describing something in a way that makes it seem better, worse, larger, more important etc than it really is	That's a little exaggerated, isn't it?
facilities		n pl	/fəˈsɪlɪtɪz/	something such as a room or piece of equipment that is provided at a place for people to use	The hotel has excellent leisure facilities.
flash	**	v	/flæʃ/	to shine brightly for a very short time, or to shine on and off very quickly	The street was full of flashing neon signs.
fountain	*	n C	/ˈfaʊntɪn/	a structure through which a stream of water is pumped into the air and falls down again	The park's ornamental fountain is carved from marble.
globalization		n U	/ˌɡləʊbəlaɪˈzeɪʃ(ə)n/	the idea that the world is developing a single economy and culture as a result of improved technology and communications and the influence of very large multinational companies	Critics of globalization staged a large demonstration.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
hypothetical	*	adj	/ˌhaɪpəˈθetɪk(ə)l/	based on situations or events that seem possible rather than on actual ones	I don't want to talk about hypothetical situations.
investigative		adj	/ɪnˈvestɪgətɪv/	intended to discover new details and facts about something	She won an award for investigative journalism.
launderette		n C	/ˌlɔːndəˈret; ˌlɔːndˈret/	a place where people go to wash clothes in machines that they pay to use	There's a laundrette around the corner.
living conditions		n pl	/ˈlɪvɪŋ kənˌdɪʃənz/	the environment in which people live and work	A spokesman for the prisoners said: 'If we had decent living conditions, this wouldn't be necessary.'
look-alike		n C	/ˈlʊkəˌlaɪk/	someone who is very similar in appearance to another person, especially a famous person	He earns a lot of money as a Tony Blair look-alike.
media		n	/ˈmiːdiə/	television, radio, newspapers and the Internet	It is the world's third biggest media company.
movie	*	n C	/ˈmuːvi/	a film shown in a cinema or on television	We saw a great movie last night.
naked	**	adj	/ˈneɪkɪd/	not wearing any clothes	The cyclists rode naked through the streets as a protest.
negotiation	**	n C	/nɪˌɡəʊʃiˈeɪʃ(ə)n/	formal discussions in which people or groups try to reach an agreement, especially in a business or political situation	The union said that everything is open to negotiation.
network	***	n C	/ˈnetˌwɜː(r)k/	a group of companies that broadcast the same television or radio programmes throughout a large area, or a company that produces or sells the rights to such broadcasts	The president's speech was broadcast on network television.
nude		adj	/njuːd/	showing or involving people who are not wearing any clothes	There was a nude scene in the film.
overcrowding		n U	/ˌəʊvə(r)ˈkraʊdɪŋ/	unpleasant conditions caused by too many people or things being in the same place	Overcrowding in cities is a great problem.
pathetic	*	adj	/pəˈθetɪk/	useless or not effective in an annoying way	That's the most pathetic excuse I've ever heard.
patience	*	n U	/ˈpeɪʃ(ə)ns/	the ability to continue doing something for a long time without losing interest, especially something difficult	Most people wouldn't have the patience for such painstaking work.
pie	*	n C / U	/paɪ/	a food that consists of meat, vegetables, or fruit cooked inside a case of pastry or below a layer of it	We had apple pie for dessert.
pompous		adj	/ˈpɒmpəs/	someone who is pompous thinks they are very important and speaks or behaves in a very serious and formal way	He can seem rather pompous at times.
protest	**	n C / v	/ˈprəʊtest, prəˈtest/	something such as a meeting or public statement by people who strongly disagree with a policy, law etc	They took part in peaceful protests against the war.
protester	*	n C	/ˈprəʊtestə(r)/	someone who publicly shows their opposition to something such as a law or policy	The protesters claimed they have a legal right to demonstrate.
public figure		n C	/ˌpʌblɪk ˈfɪɡə(r)/	a well-known person, especially a politician	He's one of the country's best-loved public figures.
publish	***	v	/ˈpʌblɪʃ/	to make information available for everyone to read	A report published today says that the new Arne Valley road will endanger local wildlife.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
reasonable	***	adj	/ˈriːz(ə)nəb(ə)l/	fairly good, although not extremely good	How would you feel if you were not paid a reasonable salary?
roof	***	n C	/ruːf/	the top outer part of a vehicle	One man had climbed onto the roof of his car.
salary	**	n C	/ˈsæləri/	a fixed amount of money that you earn each month or year from your job	He earns an annual salary of £25,000.
slip	***	v	/slɪp/	if you slip, your feet slide accidentally and you lose your balance or fall over	Be careful you don't slip on the wet floor.
species	***	n C	/ˈspiːʃiːz/	a plant or animal group whose members all have similar general features and are able to produce young plants or animals together	Over 120 species of birds have been recorded in this National Park.
statement	***	n C	/ˈsteɪtmənt/	a written or spoken announcement on an important subject that someone makes in public	He had been instructed not to make any statements to the press about the incident.
strike	***	v n / C	/straɪk/	to refuse to work for a period of time as a protest about your pay or conditions of work	The right to strike was then established in the constitution.
strip	**	v	/striːp/	to take off all of your clothes or all of another person's clothes	The soldiers were forced to strip naked in freezing temperatures.
studio	***	n C	/ˈstjuːdiəʊ/	a company that produces films	The film rights to her story were bought by a major studio.
summing-up		n C	/ˌsʌmɪŋ ˈʌp/	a statement made by a lawyer or judge that gives a summary of the evidence in a case	In his summing-up, the judge described the men as pathetic.
support	***	v	/səˈpɔː(r)t/	to approve of an idea or of a person or organization and help them to be successful	The United Nations has supported efforts to return the refugees peacefully.
symbol	**	n C	/ˈsɪmb(ə)l/	someone or something that represents a particular idea or quality	They decided to take their clothes off as a symbol of their vulnerability in the dangerous Madrid traffic.
sympathize		v	/ˈsɪmpəθaɪz/	to approve of and support someone or something	Many people admit they sympathize with the rebels' demands.
target	***	n C	/ˈtɑː(r)ɡɪt/	a person, building, or area that someone intends to attack	Foreigners have become targets for attack by terrorists.
thriller	*	n C	/ˈθrɪlə(r)/	a book, play, or film that tells an exciting story, especially about something dangerous like a crime	I mostly read thrillers and detective stories.
toy	**	n C	/tɔɪ/	an object that a child can play with, especially a model of a real thing such as a car or an animal	We've got boxes full of books, toys, and games at home.
traffic	***	n U	/ˈtræfɪk/	the vehicles that are travelling in an area at a particular time	At that time of night, there was no traffic on the roads.
treatment	***	n U / C	/ˈtriːtmənt/	the process of providing medical care	They were taken to hospital for treatment for burns and smoke inhalation.
trip	**	v	/trɪp/	to hit your foot on something and fall down	The stairs are a little uneven, so be careful you don't trip.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
union	***	n C	/ˈjuːnjən/	an organization that represents the workers in a particular industry and tries to improve pay, conditions etc	We encourage all employees to join a union.
valley	***	n C	/ˈvæli/	a low area of land between mountains or hills, usually with a river flowing through it	Their house has wonderful views across the valley.
valuable	***	adj	/ˈvæljʊb(ə)l/	worth a lot of money	The necklace is not very valuable.
values	***	n pl	/ˈvæljuːz/	the principles or beliefs that influence the behavior and way of life of a particular group or community	Your book has been described as an attack on America and American values.
vulnerability		n C	/ˌvʌln(ə)rəˈbɪləti/	the quality of being easily damaged by something negative or harmful	They decided to take their clothes off as a symbol of their vulnerability in the dangerous Madrid traffic.
widely	***	adv	/ˈwaɪdli/	by a lot of people, or in a lot of places	It is widely expected that the Socialists will call early elections.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
Shopping					
corner shop		n C	/ˌkɔː(r)nə(r) ˈʃɒp/	a small shop that sells food and other products, often found on the corner of a street	The corner shop is open on Sunday.
discount shop		n C	/ˈdɪskaʊnt ˌʃɒp/	a shop which sells goods very cheaply	I got this camera for a really good price in a discount shop.
high street shopping		n U	/ˌhaɪ ˌstri:t ˈʃɒpɪŋ/	shopping on the main street in a town or city, where there are usually a lot of big shops	Let's go and do some high street shopping.
online shopping		n U	/ˌɒnlaɪn ˈʃɒpɪŋ/	buying goods or services on the internet	I don't really like online shopping.
shop assistant		n C	/ˈʃɒp əˌsɪst(ə)nt/	someone whose job is to serve people in a shop	Ask a shop assistant if you want to use the changing room.
shopaholic		n C	/ˌʃɒpəˈhɒlɪk/	someone who enjoys going to shops or enjoys buying things	When it comes to clothes, I'm a total shopaholic.
shoplifter		n C	/ˈʃɒpˌlɪftə(r)/	someone who steals something from a store	A shoplifter is someone who steals something from a shop.
shopping centre		n C	/ˈʃɒpɪŋ ˌsentə(r)/	an area where a group of different shops and businesses such as banks and restaurants are all built next to each other	Local residents are opposing plans to build a new shopping centre.
shopping mall		n C	/ˈʃɒpɪŋ ˌmɑːl/	a large building with a lot of shops, restaurants, and sometimes a cinema	I visited 10 different stores at the shopping mall.
window-shopping		n U	/ˈwɪndəʊ ˌʃɒpɪŋ/	the activity of looking at things in shop windows but not buying anything	I'm just window shopping. I don't have any money with me.
Containers					
bottle	***	n C	/ˈbɒt(ə)l/	a glass or plastic container for liquids, usually with a narrow part at the top that is called the neck	We drank a bottle of champagne together.
box	***	n C	/bɒks/	a container with straight sides, a flat base, and sometimes a lid	He bought me a box of chocolates for my birthday.
can	**	n C	/kæn/	a closed metal container with round sides, for food or drinks. It is opened with a can opener. In British English the word tin is usually used if a can contains food, but not if it contains a drink	I need a can of tomatoes from the store.
carton		n C	/ˈkɑː(r)t(ə)n/	a container for liquids that is made of stiff thick paper	Can you get me a carton of fruit juice?
jar	*	n C	/dʒɑː(r)/	a glass container with a lid and a wide top, especially one in which food is sold or kept	I've made a jar of marmalade.
packet	**	n C	/ˈpækɪt/	a box, bag, or plastic wrapping containing food that has been weighed ready to be sold, or the food that this contains	I've just opened a packet of cheese slices.
tin	**	n C	/tɪn/	a closed metal container for a food product that you open with a tin opener. The American word is can	I'm going to have a tin of soup for lunch.
tub		n C	/tʌb/	a small container with a lid for holding or storing food	I really shouldn't eat that tub of ice cream.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
Collocations with take					
take a look at (sth)		phr	/ˈteɪk ə ˈlʊk ət/	to direct your eyes toward someone or something so that you can see them	Take a look at some of the scenes that were not included in the movies.
take advantage of (sth)		phr	/ˌteɪk ədˈvɑːntɪdʒ əv/	to use a situation or opportunity to get what you want	Moss took advantage of the defender's mistake to score a goal.
take (sb's) advice		phr	/ˌteɪk ədˈvaɪs/	to do what someone suggests	Take our advice.
take (sb's) breath away		phr	/ˌteɪk ˈbreθ əˌweɪ/	if something takes your breath away, you think that it is extremely impressive or beautiful	Relax on our spectacular beaches and let the beauty of the landscape take your breath away.
take (sb's) word for (sth)		phr	/ˌteɪk ˈwɜː(r)d fə(r)/	to believe someone	Take our word for it, there are enough DVDs and screenplays to keep the keenest film buff happy for a long, long time!
take time		phr	/ˌteɪk ˈtaɪm/	to make some of your time available for a particular purpose	Take a little time out of your busy day to look after yourself.
Prepositional phrases					
by heart		phr	/baɪ ˈhɑː(r)t/	if you know something by heart, you can remember all the words in it without any help	We learned long passages of poetry by heart.
by mistake		phr	/baɪ mɪˈsteɪk/	if you do something by mistake, you do it accidentally	I'm sorry – I opened one of your letters by mistake.
in class		phr	/ɪn ˈklɑːs/	during the time when a group of students is taught together	Do you switch off your telephone in class?
in detail		phr	/ɪn ˈdiːteɪl/	including many facts or aspects of a situation	She talked in detail about future plans for the school.
in full		phr	/ɪn ˈfʊl/	completely, including the whole of something	Do you write words in full when you text?
in touch		phr	/ɪn ˈtʌtʃ/	in contact with someone	How many people do you regularly keep in touch with by phone?
in trouble		phr	/ɪn ˈtrʌb(ə)l/	in an unpleasant, difficult, or dangerous situation	Have you ever been in trouble for using your phone?
on average		phr	/ɒn ˈæv(ə)rɪdʒ/	used for talking about what is usually true, although it may not be true in every individual situation	On average, women live between five and seven years longer than men.
Other words & phrases					
accessible		adj	/əkˈsesəb(ə)l/	an accessible place or building is suitable for use by disabled people	The building is easily accessible for wheelchair users.
accurately		adv	/ˈækjʊrətli/	done in an exact way, without making a mistake	The list is designed to analyze the nation's buying habits as accurately as possible
analyze		v	/ˈænəlaɪz/	to study or examine something in detail in order to understand or explain it	They have the ability to analyze and evaluate information.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
appeal	***	v	/ə'pi:l/	if something appeals to you, you like it or want it	You would also like to see cultural activities that will appeal to older people.
association	***	n C	/ə,səʊsi'eɪʃ(ə)n/	a group of people who have joined together because they have similar interests or aims	We're members of the Parent-Teacher Association.
basement	*	n C	/'beɪsmənt/	the part of a building that is partly or completely below the level of the ground	He has a large house with a basement.
basket	**	n C	/'bɑ:skɪt/	a container for carrying or keeping things in, made from thin pieces of plastic, wire, or wood woven together, and sometimes with a handle	Can you pass me a shopping basket?
buff		n C	/bʌf/	someone who is very interested in and knows a lot about a particular subject	He's a real film buff.
burger	*	n C	/'bɜ:(r)gə(r)/	minced beef (=meat from a cow cut up into very small pieces) that is cooked in a flat round shape and served in a bread roll	One burger and fries, please.
cater	**	v	/'keɪtə(r)/	to provide people with everything they want or need	The school aims to cater for children of all abilities.
chart	**	n C	/tʃɑ:(r)t/	a list showing the CDs that people have bought the most copies of in the previous week	Their new single is likely to top the charts again this week.
classic	**	adj n / C	/'klæsɪk/	a classic song, book, play, television programme etc is very good and has been popular and had a lot of influence for a long time	William Golding's classic novel Lord of the Flies
complaint	***	n C	/kəm'pleɪnt/	a written or spoken statement in which someone says they are not satisfied with something	Customers lodged a formal complaint about the way they were treated.
council	***	n C	/'kaʊns(ə)l/	the elected officials who govern a local area such as a city or county: can be followed by a singular or plural verb	Their planning application was rejected by the council.
cracker		n C	/'krækə(r)/	a type of thin dry hard biscuit often eaten with cheese	Would anyone like some cheese and crackers?
cranberry		n C	/'krænb(ə)ri/	a small sour red fruit that grows on a bush	Lunch will be turkey with cranberry sauce.
cross off		v	/'krɒs 'ɒf/	to draw a line through something on a list to show that you have dealt with it	The children say their names, and you cross them off.
cybernaut		n C	/'saɪbə(r),nɔ:t/	someone who likes using the Internet a lot	I've been a cybernaut ever since I got my first computer.
decaffeinated		adj	/di:'kæfi,neɪtɪd/	decaffeinated coffee or tea has had the caffeine (=a chemical substance that keeps you awake) removed	I can't see the point in drinking decaffeinated coffee.
delivery	***	n C	/dɪ'lɪv(ə)ri/	the process of bringing goods or letters to a place	We offer free delivery within the US.
diet	***	n C	/'daɪət/	a limited amount of food that someone eats because they are trying to become thinner	I can't fasten my jeans – I'll have to go on a diet.
discount	**	n C	/'dɪs,kaʊnt/	a reduction in the price of something	Customers can get huge discounts by booking in advance.
electronic	***	adj	/'elek'trɒnɪk/	using electricity and extremely small electrical parts such as microchips and transistors	He spends a lot of money on electronic equipment.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
out of favour		phr	/ˌaʊt əv ˈfeɪvə(r)/	no longer popular or fashionable	And what about the products that are falling out of favour?
fraud	**	n U	/frɔ:d/	the crime of obtaining money from someone by tricking them	He was arrested for committing tax fraud.
free-range		adj	/ˌfriːˈreɪndʒ/	free-range chickens, pigs, and other farm animals are allowed to move around and feed naturally. This is considered to be a kinder method of farming than intensive methods	The eggs come from free-range hens.
frustrated	*	adj	/frʌˈstreɪtɪd/	feeling annoyed and impatient because you are prevented from achieving something	He gets so frustrated at not being able to do things for himself any more.
gift	***	n C	/ɡɪft/	something that you give to someone as a present	He bought generous gifts for all his family.
greeting	*	n C	/ˈɡriːtɪŋ/	a friendly message sent to someone on their birthday, at Christmas etc	Thanks to everyone for the birthday greetings.
guarantee	**	v	/ˌɡærənˈtiː/	if something is guaranteed to happen, it will definitely happen	They are guaranteed to arrive in style and always in plenty of time for that important day.
hand-made		adj	/ˌhænd(d)ˈmeɪd/	made by a person, instead of by a machine	I love hand-made paper.
herb	*	n C	/hɜː(r)b/	a plant used for adding flavour to food or as a medicine	The chicken is cooked in a mixture of herbs and spices.
hot-air balloon		n C	/ˌhɒt ˈeə(r) bəˌluːn/	an extremely large bag full of hot air, with a basket attached that people can ride through the air in	Have you ever been up in a hot-air balloon?
household	***	n C / adj	/ˈhaʊsˌhəʊld/	the people who live in a house or flat when they are considered as a single unit	The number of four-person households has fallen.
landscape	**	n C	/ˈlænd(d)ˌskeɪp/	an area of land that is beautiful to look at or that has a particular type of appearance	The house is situated in a green, rural landscape.
leaf	***	n C	/liːf/	a flat thin green part of a tree or plant that grows on a branch or stem	I'm going to order a mixed-leaf salad.
lemonade		n U	/ˌleməˈneɪd/	a sweet, clear, fizzy drink (=with gas in it) that tastes slightly of lemon, or a glass of this drink	She's drinking a bottle of fizzy lemonade.
lighter		n C	/ˈlaɪtə(r)/	a small container that produces a flame, used especially for lighting cigarettes	Can I borrow your lighter?
low-fat		adj	/ˈləʊˈfæt/	low-fat food contains only a small amount of fat	He's on a low-fat diet.
luxury	*	n C	/ˈlʌkʃəri/	something expensive that you enjoy but do not really need	She likes to have a few luxuries like fresh flowers.
margarine		n U	/ˌmɑː(r)dʒəˈriːn/	a yellow substance made from vegetable oil or animal fat that can be used instead of butter	Can you pass me the low-fat margarine?
marmalade		n U	/ˈmɑː(r)məleɪd/	a sweet food made from cooked fruit such as oranges or lemons that is usually spread onto bread and eaten at breakfast	Would you like some bitter orange marmalade?
memorabilia		n U	/ˌmem(ə)rəˈbiːliə/	objects that you collect because they belonged to someone famous or are connected with something that interests you	Posters, reviews, memorabilia and of course ... hundreds of films.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
nation	***	n C	/ˈneɪʃ(ə)n/	the people of a particular country	We want the government to serve the whole nation.
olive oil		n U	/ˌɒlɪv ˈɔɪl/	a type of oil made from olives, used in cooking	Dress the salad with olive oil and vinegar.
organic	*	adj	/ɔː(r)ˈgænɪk/	organic food or drink is produced using only a small number of artificial chemicals	Is this milk organic?
out of favour		phr	/ˌaʊt əv ˈfeɪvə(r)/	no longer liked, popular, or fashionable	These stocks have steadily fallen out of favour with investors.
outskirts		n pl	/ˈaʊtˌskɜː(r)ts/	the areas of a town or city that are furthest away from the centre	Alberton is located in Johannesburg's eastern outskirts.
parade	*	n C	/pəˈreɪd/	a fashion parade is an event at which models show new styles of clothes	There was a fashion parade at the mall on Saturday.
peanut		n C	/ˈpiːnʌt/	a type of nut that grows under the ground inside a thin shell and that can be eaten	I'd like a packet of roasted peanuts.
precious	**	adj	/ˈpreʃəs/	rare or very necessary and not to be wasted	Don't waste precious time.
product	***	n C	/ˈprɒdʌkt/	something that is made, grown, or obtained in large quantities so that it can be sold	Consumers are becoming more suspicious of advertising claims about products that they buy.
proposal	***	n C	prəˈpəʊz(ə)l/	a plan or suggestion, especially a formal one that a group has to consider	Proposals for a new constitution are under discussion.
query	*	n C	/ˈkwɪəri/	a question that you ask because you want information or because you are not certain about something	One of our staff will be available to answer your queries.
release	***	n C / v	/rɪˈliːs/	a new movie, video, or CD that is available for people to see or buy	Let your friends choose from our huge range of new releases and all-time classics, films and video games!
salad	**	n U / C	/ˈsæləd/	a food containing a mixture of raw vegetables such as lettuce, tomatoes, and cucumbers, usually served with a salad dressing	Lightly toss the salad with the vinaigrette.
screenplay		n C	/ˈskriːnˌpleɪ/	a story someone writes for a film	The screenplay was adapted from the novel.
slice	**	n C	/slaɪs/	a flat piece of food that has been cut from something larger	Cut the bread into thick slices.
spice	*	n C	/spaɪs/	a substance made from plants and added to food to give it a particular flavour	You can cook with a blend of spices such as coriander and cumin.
statistic		n pl	/stəˈtɪstɪks/	a number which represents a fact and describes a situation	The National Office of Statistics draws up a list of the typical contents of the nation's shopping basket.
technophobe		n C	/ˈteknəʊfəʊb/	someone who does not like, trust, or want to use technology, especially computers	I'm not a technophobe just because I prefer books to television.
tissue	**	n C	/ˈtɪʃuː/	a piece of soft thin paper used especially for wiping your nose	Can you pass me the box of tissues.
trilogy		n C	/ˈtrɪlədʒi/	a series of three books, films, or plays	Most of the battles take place in the second part of the trilogy.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
trolley	*	n C	/ˈtrɒli/	a large container with wheels that you push and use for carrying things in a supermarket or at an airport	He wheeled his trolley down the aisle.
tuna		n U / C	/ˈtjuːnə/	the flesh of a large fish that lives in the Pacific and Atlantic Oceans eaten as food	I had a tin of tuna for lunch.
unconventional		adj	/ˌʌnkənˈvenʃ(ə)nəl/	different from what most people consider to be usual or normal	He has a really unconventional dress sense.
vegetarian		n C / adj	/ˌvedʒəˈteəriən/	someone who chooses not to eat meat or fish	They're strict vegetarians.
wheelchair		n C	/ˈwiːltʃeə(r)/	a chair with large wheels that someone who cannot walk uses for moving around	There is a ramp for wheelchair access.
wish list		n C	/ˈwɪʃ ˌlɪst/	all the things that you would like to be given or would like to happen	The website lets you make a wish list to keep track of the things you want.
wrap	**	v	/ræp/	wrap or wrap up to cover something by putting something such as paper or cloth round it	Keep the cheeses fresh by wrapping each one individually.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
Illusions					
act	***	v	/ækt/	to behave in a particular way, especially a way that is unusual or annoying	He began to act very strangely.
audience	***	n C	/ˈɔːdiəns/	a group of people who have come to a place to see or hear a film, performance, speech etc. The people who watch a sports match or other large event are usually called spectators or the crowd. Audience can be followed by a singular or plural verb	He offended many in the audience with his insensitive remarks.
fake		adj / n C	/feɪk/	made to look like something real in order to trick people	He was in possession of a fake passport.
magician		n C	/məˈdʒɪʃ(ə)n/	someone whose job is to entertain people by performing magic tricks	A good magician will never perform the same trick twice.
perform	***	v	/pə(r)ˈfɔː(r)m/	to do something in front of an audience in order to entertain them, for example by acting in a play or singing	He performed in front of a huge audience.
pretend	**	v	/prɪˈtend/	to behave in a particular way because you want someone to believe that something is true when it is not	She closed her eyes and pretended to be asleep.
public	***	n	/ˈpʌblɪk/	people in general: can be followed by a singular or plural verb	The police should be trained to deal politely with members of the public.
reveal	***	v	/rɪˈviːl/	to let something become known, for example a secret or information that was previously not known	He didn't reveal how the trick was done.
stage	***	n C / v	/steɪdʒ/	the part of a theatre where the actors or musicians perform	They had now been on stage for over four hours.
trick	**	n C	/trɪk/	a way of entertaining people by doing something that looks like magic	For my next trick, I will make the balls disappear.
vanish	**	v	/ˈvænɪʃ/	to disappear in a sudden and mysterious way	One moment she was there, the next she had vanished.
Word families					
certain	***	adj	/ˈsɜː(r)t(ə)n/	having no doubts that something is true	You can be pretty certain she's not going to like it.
certainly	***	adv	/ˈsɜː(r)t(ə)nli/	used for emphasizing that something is definitely true or will definitely happen	There certainly wasn't any point in doing it now.
certainty	**	n C	/ˈsɜː(r)t(ə)nti/	something that will definitely happen or that you feel very sure about	He clung to the certainties of his Catholic faith.
definite	**	adj	/ˈdef(ə)nət/	certain	This book will be a definite bestseller.
definitely	**	adv	/ˈdef(ə)nətli/	without any doubt	That's definitely not the man I saw running away.
impossibility		n C	/ɪmˌpɒsəˈbɪləti/	the fact of being impossible, or something that is impossible to do	Working from home would be an impossibility.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
impossible	***	adj	/ɪmˈpɒsəb(ə)l/	if something is impossible, no one can do it or it cannot happen	We were faced with an impossible task.
improbability		n C	/ɪmˌprɒbəˈbɪləti/	the quality of being improbable or unlikely	She pointed out the improbability of this solution working.
improbable		adj	/ɪmˈprɒbəb(ə)l/	not likely to happen or to be true	It seemed highly improbable he would return to work.
likelihood	*	n U	/'laɪklihʊd/	the chance that something might happen	There's a strong likelihood that he will run for president next year.
likely	***	adj	/'laɪkli/	probably going to happen, or probably true	It seems likely that interest rates will rise.
possibility	***	n C	/'pɒsəˈbɪləti/	the chance that something might happen or be true	There is a strong possibility that they will win the next election.
possible	***	adj	/'pɒsəb(ə)l/	if something is possible, it can be done	The task will not be possible without access to the Internet.
possibly	***	adv	/'pɒsəbli/	likely to happen or be true, but not certain	There is a chance of showers today and possibly a thunderstorm.
probability	**	n C	/'prɒbəˈbɪləti/	We have to be prepared for the probability of a further fall in profits.	There was a strong probability that the company had a record of the conversation.
probable	**	adj	/'prɒbəb(ə)l/	likely to happen or be true	That is not only possible, it is probable.
probably	***	adv	/'prɒbəbli/	used for saying that you think something is likely	You'll probably be gone by the time I get back.
uncertain	**	adj	/ʌnˈsɜ:(r)t(ə)n/	not clearly known or understood	The origin of the word is uncertain.
uncertainty	**	n C	/ʌnˈsɜ:(r)t(ə)nti/	the fact that something is not known or has not been decided	There is some uncertainty surrounding the future of the club.
unlikely	***	adj	/ʌnˈlaɪkli/	not likely to happen	He's unlikely ever to find a job again.
Verbs followed by infinitive					
begin	***	v	/bɪˈɡɪn/	to start doing something	He began to act very strangely.
claim	***	v	/kleɪm/	to say that something is true, even though there is no definite proof	In recent years, hundreds of people claim that they have seen a large animal, which is half-man and half-ape, in the mountains south-west of Beijing.
deserve	**	v	/dɪˈzɜ:(r)v/	if you deserve something, it is right that you get it, for example because of the way you have behaved	They deserved to go to prison.
manage	***	v	/'mænɪdʒ/	to succeed in doing something, especially something that needs a lot of effort or skill	I managed to escape by diving into the river.
pretend	**	v	/'prɪˈtend/	to behave in a particular way because you want someone to believe that something is true when it is not	She closed her eyes and pretended to be asleep.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
refuse	***	v	/rɪ'fju:z/	to say you will not do something that someone has asked you to do	How could he refuse to help his own son?
seem	***	v	/si:m/	to appear to be something, or to appear to have a particular quality	She seemed to take very good care of herself.
try	***	v	/traɪ/	to attempt to do something	Just try to stay calm.
Idioms					
bright and early		phr	/,braɪt ən 'ɜ:(r)li/	early in the morning	We'll be up bright and early.
drag your feet		phr	/,dræg jə(r) 'fi:t/	to do something very slowly because you do not really want to do it	Stop dragging your feet and finish your homework.
get cracking		phr	/,get 'krækɪŋ/	to start doing something or going somewhere immediately	We'll have to get cracking if we want to get there before dark.
get to the point		phr	/,get tə ðə 'pɔɪnt/	to stop talking about unimportant details and say what is most important	We haven't got all day, so please get to the point.
high point		phr	/'haɪ ,pɔɪnt/	the best, most exciting, or most important part of something	That was the high point of my career.
play it safe		phr	/,pleɪ ɪt 'seɪf/	to avoid taking any risks	It's probably OK to eat them raw, but it's best to play it safe by cooking them.
Other words & phrases					
accuse	***	v	/ə'kju:z/	to say that someone has done something wrong or committed a crime	Are you accusing me of lying?
alien	**	n C	/'eɪliən/	a person or creature from a planet other than Earth	Do you believe in aliens?
ape		n C	/eɪp/	a large monkey without a tail that can stand nearly straight and walk on two feet. Chimpanzees and gorillas are apes	Humans are closely related to apes.
archaeological		adj	/,ɑ:(r)kiə'lɒdʒɪk(ə)l/	relating to or involving archaeology	There is a lot of archaeological research being done.
biological	**	adj	/,baɪə'lɒdʒɪk(ə)l/	relating to living things	There have been huge advances in biological science.
bullying		n U	/'bʊliŋ/	behaviour that frightens or hurts someone smaller or weaker	Students are encouraged to tell someone about any incidents of bullying.
bury	**	v	/'berɪ/	to put something in the ground and cover it with earth	There's supposed to be treasure buried around here.
canoe	*	n C	/kə'nu:z/	a long narrow boat that you push through the water using a paddle	They paddled the canoe across the lake.
casino		n C	/kə'si:nəʊ/	a place where people gamble (=risk money in the hope of winning more) by playing card games, roulette, or slot machines	Las Vegas is famous for its many casinos.
CCTV		n C	/,si: si: ti: 'vi:/	closed-circuit television	They caught him leaving the club at midnight on CCTV.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
certificate	**	n C	/sə(r)'tɪfɪkət/	an official document or record stating that particular facts are true. For example, a birth certificate gives the official facts about your birth and a health certificate gives the facts about your state of health	I need to see your marriage certificate.
collar	**	n C	/'kɒlə(r)/	the part of a coat, shirt, or dress that goes around your neck	He had his collar turned up against the cold.
confidentiality		n U	/'kɒnfɪdənʃi'æləti/	a situation in which important information must be kept secret	I had to sign a confidentiality agreement before they would employ me.
crazy	**	adj	/'kreɪzi/	not at all sensible or practical	She knew she would be completely crazy to refuse.
cure	**	n C / v	/kjʊə(r)/	a medicine or treatment that makes someone who is ill become healthy	Doctors say there are several possible cures for the disease.
dating agency		n C	/'deɪtɪŋ ˌeɪdʒ(ə)nsi/	a business that finds partners for people who want to begin a sexual or romantic relationship	I met my husband through a dating agency.
deaf	**	adj	/def/	not able to hear anything, or not able to hear very well. Many deaf people wear a hearing aid to help them hear. Deaf people often use their hands to communicate in sign language, and many can lip-read what other people are saying	She's been totally deaf since birth.
deepen		v	/'di:pən/	if a mystery deepens, or if something deepens it, it becomes more complicated and difficult to understand	The mystery deepened when a newspaper published photographs of the couple.
elbow	**	n C	/'elbəʊ/	the part in the middle of your arm, where it bends	She sat with her elbows on the table.
equipment	***	n U	/'kwɪpmənt/	the tools, machines, or other things that you need for a particular job or activity	Have you packed all the camping equipment?
float	**	v	/fləʊt/	to be lighter than air, and to move slowly through it	Bubbles floated in the air.
furious	**	adj	/'fjʊəriəs/	extremely angry	Dad was furious with us.
grave	**	n C	/greɪv/	the place where a dead body is buried in a deep hole in the ground. A tomb is a structure above the ground that contains a dead body	He's never even visited his mother's grave.
guardian		n C	/'gɑ:(r)diən/	a person or organization that guards or protects something	They have been the guardians of the secret for generations.
gun	***	n C	/gʌn/	a weapon that shoots bullets, for example a pistol or a rifle. You load a gun with ammunition and pull the trigger to use it	He pointed the gun directly at me.
hack into		v	/'hæk ˌɪntu:/	to use a computer to connect to someone else's computer secretly and often illegally, so that you can find or change information on it	They hack into banks and transfer huge amounts of cash.
hide	***	v	/haɪd/	to put something in a place so that no one can find or see it	She hid the key in the drawer.
hoot		v	/hu:t/	a short loud sound made by the horn of a car or other vehicle, especially as a warning	They heard the long hoot of a train whistle.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
in the long/short term		phr	/ɪn ðə ˈlɒŋ/ˈʃɔː(r)t tɜː(r)m/	in a long/short period of time	The new system will cost us money in the long term.
knight		n C	/naɪt/	in the past, a European soldier from a high social class who wore a suit of armour (=a metal suit) and rode a horse	They saw a knight on horseback riding over the hill.
knot	**	n C	/nɒt/	a point where string, rope, or cloth is tied together, or is twisted together and pulled tight	Can you tie a knot in the end of this thread?
legend	**	n C	/ˈledʒ(ə)nd/	an old story about famous people and events in the past. Legends are not usually true	Greek myths and legends are still widely read.
minority	***	n C	/maɪˈnɒrəti/	a small number of people or things that are part of a larger group but different in some way from most of the group	There are not many, a tiny minority, who have misbehaved outrageously.
monk	*	n C	/mɒŋk/	a man who lives in a religious community away from other people. Monks live in a building called a monastery	In the 12th century, some monks announced that they had found King Arthur's grave.
motel		n C	/məʊˈtel/	a hotel for people who are travelling by car	I checked in to the motel.
murder	***	n C / v	/ˈmɜː(r)də(r)/	the crime of killing someone deliberately	The jury found him guilty of murder.
murderer	*	n C	/ˈmɜː(r)dərə(r)/	someone who commits murder	He was a famous mass murderer.
mysterious	**	adj	/mɪˈstɪəriəs/	not explained or understood	They are investigating the mysterious disappearance of a young man.
myth	**	n C	/mɪθ/	an ancient traditional story about gods, heroes, and magic	There are a lot of ancient creation myths.
neuroscientist		n C	/ˈnjʊərəʊˌsaɪəntɪst/	someone who studies the nervous system	A best-selling new book called <i>Sleights of Mind</i> , written by two neuroscientists, explains even more secrets and looks at the psychology of magic.
obvious	***	adj	/ˈɒbvɪəs/	clear to almost anyone	The most obvious explanation is not always the correct one.
paddle		n C / v	/ˈpæd(ə)l/	a short pole that you push into the water in order to move a small boat such as a canoe. It is wide and flat at one or both ends	I dropped my paddle in the water.
pharmaceutical		adj	/ˌfɑː(r)məˈsjuːtɪk(ə)l/	relating to the production or sale of medicines and drugs used for treating medical conditions	He works for a large pharmaceutical company.
rabbit	**	n C	/ˈræbɪt/	a small animal with long ears and soft fur that some people keep as a pet	Hay and grass are the best things to feed pet rabbits.
revelation		n C	/ˌrevəˈleɪʃ(ə)n/	a surprising piece of information	Recent revelations about his private life have dented his popularity.
routine	**	n C	/ruːˈtiːn/	a set of things such as jokes or songs that a performer practises and uses regularly	They performed a dance routine at the show.
rub	**	v	/rʌb/	to press and move your hands or an object over a surface	The boy rubbed his eyes sleepily.
scan	**	v	/skæn/	if a machine or computer program scans something, it examines it in order to look for a particular thing	A program is supplied which scans for viruses and removes them.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
scare	*	v	/skeə(r)/	to make someone feel frightened or worried	I'm sorry, I didn't mean to scare you.
secrecy		n U	/ˈsi:kri:si/	a situation in which you keep something secret, or the process of keeping something secret	Discussions were to take place in total secrecy.
secret agent		n C	/ˌsi:kret ˈeɪdʒ(ə)nt/	someone whose job involves working for a government and finding out the secrets of other governments	It's possible that he's working as a secret agent.
snap	**	n C / v	/snæp/	a short loud noise, made especially by something breaking or closing	The lid closed with a snap.
software	***	n U	/ˈsɒf(t)weə(r)/	programs used by computers for doing particular jobs	I use word-processing software every day.
spoil	**	v	/spɔɪl/	to affect something in a way that makes it worse, less attractive, or less enjoyable	The whole show was spoiled by the lack of decent actors.
spy on		v	/ˈspaɪ ˌɒn/	to watch someone secretly so that you know everything that they do	Managers feel it is their duty to spy on the workforce.
tent	**	n C	/tent/	a shelter made of cloth and supported with poles and ropes	Let's try to put the tent up before it rains.
tie	***	v	/taɪ/	to make a knot with two ends of a piece of string, rope etc	Sally bent down to tie her shoelaces.
traitor	*	n C	/ˈtreɪtə(r)/	someone who is not loyal to their friends, family, or employer	They were accused of being traitors to the company.
understandably		adv	/ˌʌndə(r)ˈstændəbli/	in a way that you find easy to understand	Understandably, many of them feel that Derren Brown and the others are traitors.
vandalism		n U	/ˈvændəˌlɪz(ə)m/	the act of deliberately damaging or destroying things, especially public property	The estate has had a lot of problems with vandalism and graffiti.
virus	***	n C	/ˈvaɪrəs/	a program that enters your computer and damages or destroys information that you have stored	Most viruses are spread over the Internet.
weapon	***	n C	/ˈwepən/	an object that can be used to hurt people or damage property, for example a gun, knife, or bomb	The murder weapon still hasn't been found.
worthless		adj	/ˈwɜː(r)θlɪs/	not having any value, or not useful	The country's currency is nearly worthless.
system	***	n C	/ˈsɪstəm/	a set of pieces of equipment or computer programs that work together	Our computer system is vulnerable to viruses.

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Sport					
amateur	*	n C / adj	/ˈæmətə(r); ˈæmətʃʊə(r)/	someone who does something because they enjoy it instead of as a job	More and more athletic events are being organized for amateurs.
athlete	*	n C	/ˈæθli:t/	someone who is good at sports, especially athletics, and takes part in sports competitions	Fatima was one of Britain's top track and field athletes.
athletics	*	n U	/æθˈletɪks/	sports events in which people compete against each other in running races, jumping, and throwing things. The American word is track and field	Would you like to come to an athletics meeting?
baseball	*	n U	/ˈbeɪsbɔ:l/	a game played by two teams of nine players who get points by hitting a ball with a bat and then running around four bases	Do you know how to play baseball?
beat	***	v	/bi:t/	to defeat someone in a game, competition, election, or battle	England needed to beat Germany to get to the final.
boxing		n U	/ˈbɒksɪŋ/	a sport in which two boxers fight by hitting each other while wearing large leather boxing gloves on their hands. They fight in a square area with ropes around it, called a boxing ring	The atmosphere was great at the boxing match.
catch	***	v	/kætʃ/	to stop and hold something that is moving through the air, especially an object that someone throws	She managed to catch the ball.
champion	***	n C	/ˈtʃæmpiən/	someone who has won an important competition, especially in sport	He's the world heavyweight boxing champion.
championship	***	n C	/ˈtʃæmpiənʃɪp/	a competition to find the best player or team in a sport or game	We went to watch the World Chess Championships.
coach	**	n C / v	/kəʊtʃ/	someone who trains a sports player or team	My dad works as a baseball coach.
competitor		n C	/kəmˈpetɪtə(r)/	someone who takes part in a sports competition	Over 30,000 competitors will run in the New York marathon.
court	***	n C	/kɔ:(r)t/	an area marked with lines where some sports are played, such as tennis and squash	The hotel has two tennis courts.
dive	**	v	/daɪv/	to jump into water with your head first and with your arms stretched out in front of you	Paul dived into the pool.
field	***	n C	/fi:ld/	an area of land covered in grass and used for sport	The England striker left the field with a knee injury.
finalist		n C	/ˈfaɪn(ə)lɪst/	a player or team that takes part in the final game in a competition	The judges announced the names of the finalists.
football	***	n U	/ˈfʊtbɔ:l/	a game in which two teams of eleven players kick a round ball and try to score goals	He plays football for Barcelona.
gym	*	n C	/dʒɪm/	a building or club where you go to do physical exercises, swim, and play sports	I try to go to the gym three times a week.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
gymnast		n C	/ˈdʒɪmnæst/	someone who does gymnastics as a sport, especially someone who takes part in competitions	My sister is an Olympic gymnast.
gymnastics		n U	/dʒɪmˈnæstɪks/	a sport involving difficult physical exercises designed to increase your strength and ability to bend and balance	She's taking part in a gymnastics tournament.
hit	***	v	/hɪt/	to use something such as a bat to make a ball move	He hit the ball out of the stadium.
jump	***	v	/dʒʌmp/	to move your body off the ground using your legs	You'll have to jump if you want to catch it.
kick	***	v	/kɪk/	to hit a ball with your foot in a game such as football	He kicked the ball straight into the back of the net.
marathon	*	n C	/ˈmærəθ(ə)n/	a race in which people run on roads over a distance of 42 kilometres or about 26 miles	It takes great stamina to run a marathon.
medal	**	n C	/ˈmed(ə)l/	a small flat piece of metal that you are given for winning a competition or doing something very brave	She won a silver medal in swimming.
paraglider		n C	/ˈpærəˌɡlaɪdər/	someone who takes part in the sport of paragliding	Can you see the paraglider in the sky?
paragliding		n U	/ˈpærəˌɡlaɪdɪŋ/	the sport of jumping from a plane or a high place and floating slowly to the ground wearing a type of parachute that allows you to control where you go	Where are the best places to go paragliding?
pass	***	v	/pɑːs/	to kick, hit, or throw the ball to another player in a sports team	Pass the ball to me!
penalty	***	n C	/ˈpen(ə)lti/	in hockey, soccer, and similar sports, a chance to score a goal or point without being stopped by anyone except one person on the other team, given to you because an opponent has broken a rule	I think you kick it if you have a penalty, but I don't really understand the rules of that.
polo		n U	/ˈpəʊləʊ/	a game played by two teams riding polo ponies (=horses). They get points by hitting a small ball into a particular area using a polo stick (=a wooden hammer with a long handle).	He fell off his horse while playing polo.
player	***	n C	/ˈpleɪər/	someone who plays a particular game or sport	Top players like Andre Agassi earn millions of dollars.
race	***	n C / v	/reɪs/	a competition that decides who is the fastest at doing something, especially running	Marlene needs to win the last race to retain her title.
racquet	*	n C	/ˈrækɪt/	an object used for hitting the ball in games such as tennis, with a long handle and a round part with strings	She threw her racket to the ground and stormed off the court.
rugby	*	n U	/ˈrʌɡbi/	a game played by two teams of players with a ball shaped like an egg. Goals are scored by kicking the ball over a high bar, and points called tries are scored by putting the ball behind the goal line	I damaged my knee playing rugby.
run	***	v	/rʌn/	to move quickly to a place using your legs and feet	Basically, you have to catch a ball and run with it to the other end of the field.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
semi-final	*	n C	/ˌsemiˈfaɪn(ə)l/	one of the two games that are played immediately before the last game in a sports competition. The two people or teams who win the semifinals play each other in the last game, called the final, to decide who wins the competition	Our team has made it through to the semi-final.
serve	***	v	/sɜː(r)v/	to hit a ball to your opponent in order to start playing for a point in a game such as tennis	In tennis you get two chances to serve the ball.
strength	***	n U	/streŋθ/	the physical energy that someone has to lift or move things	He's working on building up his upper body strength.
throw	***	v	/θrəʊ/	to use your hand to send an object through the air	I'll throw the ball and you try to catch it.
trampoline		n C	/'træmpəˌliːn/	a piece of equipment consisting of a metal frame with a strong material stretched across it that you can jump up and down on for exercise or as a sport	Bouncing on a trampoline is good exercise.
triathlon		n U	/traɪˈæθlən/	a type of race in which each person swims, rides a bicycle, and runs over very long distances	I'm competing in a triathlon on Sunday.
volleyball		n U	/'vɒliˌbɔːl/	a sport in which two teams use only their hands and arms to hit a ball to each other over a high net, trying to prevent the ball from touching the ground on their side	Beach volleyball is played on sand.
water polo		n U	/'wɔːtə(r)ˌpəʊləʊ/	a game played in water by two teams of seven players who get points by throwing a ball into the opponent's goal	A water polo team consists of six field players and a goalkeeper.
wetsuit		n C	/'wetˌsuːt/	a suit made of rubber that people wear for water sports such as diving and surfing	You need to wear a wetsuit in the winter.
Nouns and adjectives					
agile		adj	/'ædʒaɪl/	able to move quickly and easily	The ferret is an agile hunter.
agility		n U	/'ædʒɪləti/	the ability to think quickly, solve problems, and have new ideas	Women have more mental agility than men.
ambitious	**	adj	/'æmˈbiʃəs/	determined to be successful, rich, famous etc	He's an ambitious young lawyer.
ambition	**	n C	/'æmˈbiʃ(ə)n/	something that you very much want to do, usually something that is difficult to achieve	His ambition was to become a successful writer.
determined	**	adj	/'dɪtɜː(r)mɪnd/	not willing to let anything prevent you from doing what you have decided to do	My mother is a strong, determined woman.
determination	**	n U	/'dɪtɜː(r)mɪˈneɪʃ(ə)n/	the refusal to let anything prevent you from doing what you have decided to do	He has overcome his difficulties with courage and determination.
enthusiastic	**	adj	/'ɪnθjuːzɪˈæstɪk/	very interested in something or excited by it	For a while, we were enthusiastic about the idea.
enthusiasm	**	n U	/'ɪnθjuːzɪˌæzəm/	the feeling of being very interested in something or excited by it	His enthusiasm for music has stayed strong throughout his 23 years in radio.
intelligent	**	adj	/'ɪntelɪdʒ(ə)nt/	good at thinking clearly and quickly, at understanding difficult ideas and subjects, and at gaining and using knowledge	Surely an intelligent person like you can deal with this.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
intelligence	**	n U	/ɪn'telɪdʒ(ə)ns/	the ability to understand and think about things, and to gain and use knowledge	Someone of your age is expected to show more intelligence.
power	***	n U	/'paʊə(r)/	the ability to influence or control what people do or think	Power within the company is divided between the directors and the shareholders.
powerful	***	adj	/'paʊə(r)f(ə)l/	able to influence or control what people do or think	The powerful farming lobby is pressurizing the government to change the law.
ruthless		adj	/'ru:θləs/	willing to make other people suffer so that you can achieve your aims	He was a ruthless dictator.
ruthlessness		n U	/'ru:θləsənəs/	the quality of being ruthless	He was a dictator known for his ruthlessness.
talent	**	n C	/'tælənt/	a natural ability for being good at a particular activity	She had an obvious talent for music.
talented	*	adj	/'tæləntɪd/	someone who is talented is very good at something	She's a highly talented young designer.
Make & do					
make a cup of tea		phr	/meɪk ə 'kʌp əv ti:/	to pour hot water onto the dried leaves of the tea bush to make a hot drink	Would you like me to make a cup of tea for you?
make a donation		phr	/meɪk ə 'dɒnəʃ(ə)n/	to give money to an organization, especially one that helps people	I wondered if you'd like to make a donation.
make a mess		phr	/meɪk ə 'mes/	to cause a place to be untidy	You've made a mess everywhere!
make a mistake		phr	/meɪk ə mɪ'steɪk/	to do something incorrectly or say something that is not correct	I really don't want to make a mistake on my application.
do some work		phr	/du: səm 'wɜ:(r)k/	to spend time doing something that involves making an effort	I should really do some work this evening.
do the shopping		phr	/du: ðə 'ʃɒpɪŋ/	to go to a store to buy things, especially groceries	I have to do the shopping later and I'm a bit short of cash.
do the accounts		phr	/du: ði ə'kaʊnts/	to work on a detailed record that a business keeps of the money it receives and spends in a particular period of time	We need to do the accounts before the end of the quarter.
do someone a favour		phr	/du: 'sʌmwʌn ə 'feɪvə(r)/	to do something for someone in order to help them	Can you do me a favour?
do some sport		phr	/du: səm 'spɔ:(r)t/	to take part in an activity in which players or teams compete against each other, usually an activity that involves physical effort	I really should do some sport.
Other words & phrases					
acceptance	**	n U	/ək'septəns/	general agreement that something is true, reasonable, or cannot be changed	There is widespread acceptance of these principles.
achievement	***	n C	/ə'tʃi:vmənt/	a particular thing that you have achieved	What a remarkable achievement!

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
anorexia		n U	/ˌænəˈreksɪə/	a serious illness that makes you want to stop eating and that mainly affects young women. Its full medical name is anorexia nervosa	She suffers from anorexia.
bet	**	v / n C	/bet/	to risk an amount of money by saying what you think will happen, especially in a race or game. You lose the money if you are wrong and win more if you are right	Thousands of people bet on the result of the match.
bizarre	*	adj	/bɪˈzɑː(r)/	strange and difficult to explain	His behaviour was absolutely bizarre.
bounce		v	/baʊns/	if a person or vehicle bounces or is bounced, they move up and down as if they are on springs	The kids love bouncing on the bed.
casual	**	adj	/'kæʒuəl/	relaxed and informal	The interview took place around the kitchen table and was very casual.
charitable	*	adj	/'tʃærɪtəb(ə)l/	intended to help people who are poor or ill, or who need advice and support	She does a lot of work for charitable organizations.
contribution	***	n C	/ˌkɒntrɪˈbjʊːʃ(ə)n/	an amount of money or something else of value that you give in order to achieve something or to help make it successful	Each of us was asked to make a contribution of £25.
cycle	**	n C	/'saɪk(ə)l/	a bicycle	We went on a long cycle ride.
declare	***	v	/dɪˈkleə(r)/	to announce officially that something is true or happening	Sarah was declared the winner.
devote	**	v	/dɪˈvəʊt/	to spend a lot of time or effort doing something	He's devoted most of his time to his painting.
disability	**	n C	/ˌdɪsəˈbɪləti/	a condition in which someone is not able to use a part of their body or brain properly, for example because of an injury	She looks after children with learning disabilities.
discipline	***	n U / v	/'dɪsəplɪn/	to punish someone for something they have done wrong	Younger athletes are easier to control and discipline.
donation	**	n C	/dəʊˈneɪʃ(ə)n/	money or goods that you give to an organization, especially one that helps people	If you would like to make a credit card donation, ring us now.
dye		v	/daɪ/	to change the colour of something such as clothing or your hair using dye	Should I dye my hair blonde?
fed up	*	adj	/ˌfed ˈʌp/	annoyed or bored with something that you feel you have accepted for too long	I'm fed up with her not paying attention to me.
fill in		v	/ˌfɪl ˈɪn/	to add information such as your name or address in the empty spaces on an official document	Please fill in your name and address in the space provided.
foundation	***	n C	/faʊnˈdeɪʃ(ə)n/	an organization that provides money for things such as medical research or for a charity	He set up a charitable foundation to help sufferers of the disease.
gang	**	n C	/gæŋ/	a group of young people who spend time together and often cause trouble	Gangs of youths roamed the streets.
glory	**	n U	/'glɔːri/	admiration and praise that you get because you have done something impressive	I did the hard work and someone else got all the glory.

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host	**	v	/həʊst/	to arrange a special event and provide the area, buildings, equipment, or services needed for it	Sydney hosted the Olympic Games in 2000.
income	***	n U	/ˈɪnkʌm/	money that someone gets from working or from investing money	The country has an average household income of €27,000.
inflatable		adj	/ɪnˈfleɪtəb(ə)l/	an inflatable object must be filled with air before you can use it	Blow up the inflatable mattress while I put up the tent.
iron	*	v	/ˈaɪə(r)n/	to push a heated iron across cloth or clothes to make them smooth	Would you iron this shirt for me?
massage	*	v / n C	/ˈmæsɑːʒ/	the action of pressing, squeezing, and rubbing someone's body in order to reduce pain in their muscles or to make them relax	Can you give me a foot massage?
obstacle	**	n C	/ˈɒbstəkl(ə)l/	an object that you must remove or go around in order to move forward	There are various obstacles on the course that players have to avoid.
odd	**	adj	/ɒd/	unusual or unexpected in a way that attracts your interest or attention	Frank's behaviour did seem a little odd.
outlook	*	n C	/ˈaʊtˌlʊk/	your general attitude to things	They shared the same kind of outlook on life.
patron	*	n C	/ˈpeɪtrən/	a famous person who supports an organization and allows it to use their name in its advertising	It's a charity that boasted Princess Diana as its patron.
phenomenon	**	n C	/fəˈnɒmɪnən/	an event or situation that can be seen to happen or exist	Violence in society is not a new phenomenon.
prime-time		adj	/ˈpraɪmˌtaɪm/	at the most popular time for watching television, which is in the middle of the evening	It will not be shown on prime-time TV and its stars are not household names.
psychological	**	adj	/ˌsaɪkəˈlɒdʒɪk(ə)l/	involving or affecting your mind	Harry's problems are more psychological than physical.
psychologist	**	n C	/saɪˈkɒlədʒɪst/	someone who studies how people's minds work and how this affects their behaviour	Clinical psychologists aim to improve the psychological well-being of their clients.
relief	***	n U	/rɪˈliːf/	food, clothes, and money given to people who are in urgent need of help, for example because of a war or other bad situation	There's a shipment of relief supplies bound for the Sudan.
require	***	v	/rɪˈkwaɪə(r)/	to need someone or something	Working with these children requires a great deal of patience.
royal	***	adj	/ˈrɔɪəl/	relating to a king or queen or the members of their family	There was recently a royal wedding in England.
sacrifice	*	n C	/ˈsækrɪfaɪs/	the act of giving up something important or valuable so that you or other people can do or have something else	Making sacrifices is part of bringing up children.
shave	*	v	/ʃeɪv/	to make a part of your body smooth by cutting off the hair using a razor or shaver	How often do you shave your legs?
successive	**	adj	/səkˈsesɪv/	coming or happening one after another in a series	Clarke remains champion for the sixth successive year.
take part		v	/ˈteɪk ˈpɑː(r)t/	to be involved in an activity with other people	They will be taking part in the discussions, along with many other organizations.
tough	**	adj	/tʌf/	difficult	But the sport of triathlon is as tough as it gets.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
train	***	v	/treɪn/	to practise a sport regularly before a match or competition	The wrestlers train five days a week.
trainers	*	n pl	/'treɪnə(r)z/	strong, comfortable shoes which are designed for doing sports in, but which many people wear as informal clothing	I bought a new pair of trainers.
unpaid		adj	/ʌn'peɪd/	unpaid work is work that you are not paid for	Any extra holiday will have to be taken as unpaid leave.
weird	*	adj	/wɪə(r)d/	strange and unusual, sometimes in a way that upsets you	I had a weird dream last night.
wheelchair		n C	/'wi:l,tʃeə(r)/	a chair with large wheels that someone who cannot walk uses for moving around	Does the restaurant have wheelchair access?

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
Money					
bank account	*	n C	/ˈbæŋk əˈkaʊnt/	an arrangement with a bank that allows you to keep your money there and to pay money in and take money out	We'll pay the money directly into your bank account.
cash machine		n C	/ˈkæʃ məˌʃiːn/	a machine that gives you money when you put a bank card into it. The American word is ATM	I withdrew £100 from the cash machine.
dependent	***	adj	/dɪˈpendənt/	if you are dependent on someone or something, you need them in order to live or succeed	They hate being dependent on their parents.
earnings	**	n pl	/ˈɜː(r)nɪŋz/	the amount of money that you earn	The calculation is based on your average earnings during this period.
financial	***	adj	/faɪˈnæŋʃ(ə)l/	involving money	banks and other financial institutions
financially		adv	/faɪˈnæŋʃəli/	in a way which involves money	Parents are still helping their children out financially when they first start to work.
get into debt		phr	/ˌɡet ɪntə ˈdet/	to put yourself in a situation in which you owe money to other people	It's far too easy to get into debt these days.
invest	***	v	/ɪnˈvest/	to use your money with the aim of making a profit from it, for example by buying property or buying shares in a company	He began investing in the stock market at an early age.
investment	***	n C	/ɪnˈves(t)mənt/	money used in a way that may earn you more money, for example money used for buying property or shares in a company	Her investments were mainly in technology stocks.
make money		phr	/ˌmeɪk ˈmʌni/	to earn or get money	He made a lot of money by investing in shares.
open an account		phr	/ˌəʊpən ən əˈkaʊnt/	to start an account with a bank	I would like to open a new account.
pay a bill		phr	/ˌpeɪ ə ˈbɪl/	to pay an amount of money that you owe for something	I had to pay an electricity bill last month.
save	***	v	/seɪv/	to regularly put money in a bank or invest it so that you can use it later	I've managed to save almost £500 for my holiday.
savings account		n C	/ˈseɪvɪŋz əˈkaʊnt/	a bank account that gives you interest on the money that you have in it	We opened a joint savings account.
share	***	n C	/ʃeə(r)/	one of the equal parts of a company that you can buy as a way of investing money	He bought shares in the company.
stock	***	n C	/stɒk/	one of the equal parts into which the value of a company is divided	Technology stocks fell sharply today.
take out a mortgage		phr	/ˌteɪk aʊt ə ˈmɔː(r)ɡɪdʒ/	to make a legal agreement in which you borrow money from a bank in order to buy a house. You pay back your mortgage by making monthly payments	We'll have to take out a mortgage to buy the house.
withdraw	**	v	/wɪðˈdrɔː/	to take money from a bank account	You can withdraw cash at any of our branches.
write a cheque		phr	/ˌraɪt ə ˈtʃek/	to fill in one of the pieces of printed paper that your bank gives you so you can pay for things without using money	I'll write a cheque and send it to you in the post.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
Reporting verbs					
claim	***	v	/kleɪm/	to say that something is true, even though there is no definite proof	The report claimed that hundreds of civilians had crossed the border to escape the fighting.
complain	***	v	/kəm'pleɪn/	to say that you are not satisfied with something	She complained that she never had any time to herself.
deny	***	v	/dɪ'naɪ/	to say that you did not do something that someone has accused you of doing	A spokesman denied that the company had acted irresponsibly.
inform	***	v	/ɪn'fɔ:(r)m/	to officially tell someone something, or to give them information about something	Parents were informed that the school was closing.
insist	***	v	/ɪn'sɪst/	to say very firmly that something must happen or must be done	She insisted that we stay at her house instead of a hotel.
warn	***	v	/wɔ:(r)n/	to make someone conscious of a possible problem or danger so that they will not be hurt	The report warns that consumers could end up paying higher prices.
Other words & phrases					
agenda	**	n C	/ə'dʒendə/	a list of things that people will discuss at a meeting	Let's move to the last item on the agenda.
agitated		adj	/'ædʒɪ'teɪtɪd/	worried or upset	She became increasingly agitated as the interview proceeded.
appeal	***	n C	/ə'pi:l/	a formal request for a court of law or similar authority to change its decision	Jones has been released on bail pending an appeal (=until there is an appeal).
astonishing	*	adj	/ə'stɒnɪʃɪŋ/	very surprising	It's astonishing how much the place has changed.
attract	***	v	/ə'trækt/	to produce or cause an interest in something or someone, or have an opinion about them	They tried to leave the hotel without attracting anyone's attention.
beg	**	v	/beg/	to ask for help, an opportunity etc in a way that shows you want it very much	We begged her for another chance.
beggar		n C	/'begə(r)/	someone who is very poor and lives by asking people for money or food	The number of beggars and homeless people has increased dramatically.
bug	*	n C	/bʌg/	an infectious but usually minor illness	You must have picked up a bug on holiday.
campaign	***	n C	/kæm'peɪn/	a series of things such as television advertisements or posters that try to persuade people to buy a product	The survey will help us with our marketing campaign.
cheek	**	n C	/tʃi:k/	the soft part on each side of your face below your eyes	Sarah kissed her on the cheek.
chin	**	n C	/tʃɪn/	the centre of the bottom part of your face, below your mouth and above your neck	I have quite a prominent chin.
companionship		n U	/kəm'pænjənʃɪp/	the relationship you have with a good friend who spends a lot of time with you	You should buy a pet for companionship.

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cruise	*	v	/kru:z/	to travel at a steady speed in a car or plane	The car cruises well at this speed.
damages		n pl	/ˈdæmɪdʒɪz/	money that a court orders you to pay someone because you have harmed them or their property	Mrs Owen was ordered to pay damages of £6,000.
delighted	**	adj	/dɪˈlaɪtɪd/	very happy, especially because something good has happened	His family would be delighted to welcome her to Cyprus.
distress	**	n U	/dɪˈstres/	a feeling that you have when you are very unhappy, worried, or upset	I wouldn't want to cause her any distress.
edition	**	n C	/ɪˈdɪʃ(ə)n/	a set of copies of a product that are produced at the same time	The vast majority wanted to win the limited edition Smart™ car!
emphasis	***	n C / U	/ˈemfəsɪs/	special importance or attention that is given to one thing in particular	We place great emphasis on staff development.
freeway		n C	/ˈfri:weɪ/	a wide fast road in a US city that you do not pay to use	I take the freeway to work every morning.
heroin		n U	/ˈherəʊɪn/	a powerful illegal drug that people usually take by injecting it (=using a needle). Heroin is very addictive (=it is very difficult to stop taking it).	He soon became addicted to heroin.
homeless	*	adj	/ˈhəʊmləs/	without a place to live	There are many hostels for young homeless people.
honour	**	v	/ˈɒnə(r)/	to show your respect or admiration for someone, especially by giving them a prize or a title, or by praising them publicly	We are here today to honour the men and women who gave their lives for their country.
investigate	***	v	/ɪnˈvestɪgeɪt/	to try to find out the facts about something in order to learn the truth about it	We sent a reporter to investigate the rumour.
lid	**	n C	/lɪd/	a cover for a container	Have you seen the saucepan lid?
limited	***	adj	/ˈlɪmɪtɪd/	not allowed to go above a particular number, amount, or level	It's part of a limited edition.
manual	**	n C	/ˈmænjʊəl/	a book containing instructions for doing something, especially for operating a machine	Why do you never read the manual?
manufacturer	***	n C	/ˌmænʃʊˈfæktʃərə(r)/	a person or company that manufactures a product	The company is one of the leading computer manufacturers in the world.
men's room		n C	/ˈmenz ˌru:m/	a men's toilet in a public place	Can you tell me where the men's room is, please?
motor home		n C	/ˈməʊtə(r) ˌhəʊm/	a large road vehicle designed for living in while travelling	Their motor home can sleep four people.
multiplex		n C / adj	/ˈmʌltɪˌpleks/	a large building that contains several cinema screens	The shopping mall has everything, even a multiplex cinema.
pickle		n C	/ˈpɪk(ə)l/	a cucumber or other vegetable preserved in vinegar or salt water	I've bought a jar of dill pickles.
plaintiff		n C	/ˈpleɪntɪf/	someone who brings a legal case against someone else in a court of law. The person against whom the case is brought is called the defendant	The plaintiff claims to have sustained serious injuries.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
predictable	*	adj	/prɪˈdɪktəb(ə)l/	if something is predictable, it happens in the way that you would expect	The results of most of the studies have been predictable.
reflect	***	v	/rɪˈflekt/	to show the existence or nature of something	He said that the statement did not reflect his own views.
report	***	n C	/rɪˈpɔː(r)t/	a spoken or written account that gives information about a particular subject, situation, or event	We've got the results to the survey and you should all have a copy of the report on the table in front of you.
responsibility	***	n C	/rɪˌspɒnsəˈbɪləti/	blame for something that has happened	The manufacturers denied responsibility and asked the judge to throw out the claim.
roll	***	v	/rəʊl/	if a drop of liquid rolls, it moves across a surface without stopping	Tears were rolling down his cheeks.
settlement	**	n C	/ˈset(ə)lmənt/	an agreement that both sides involved in a legal disagreement accept or are forced to accept by a court	In order to avoid legal costs, the company reached a secret settlement with the couple.
shock	**	v	/ʃɒk/	if something bad and unexpected shocks someone, they are very surprised or upset by it	The news shocked everyone.
source	***	n C	/sɔː(r)s/	a person, place, or thing that provides something that you need or want	Writing is my main source of income.
specify	**	v	/ˈspesɪfaɪ/	to explain something in an exact and detailed way	To make a claim, you must specify the date when the article was lost.
steady	**	adj	/ˈstedi/	reliable and continuing for a long period of time	It wasn't easy to find steady work in the city.
student union		n C	/ˌstjuːd(ə)nt ˈjuːnjən/	an organization at a university or college that helps its students by providing services and places to meet and play sport	The student union is planning to hold a summer ball.
sue	**	v	/suː; sjuː/	to make a legal claim against someone, usually to get money from them because they have done something bad to you. The legal claim is called a lawsuit	If we go public with these allegations, do you think he will sue?
suitable	***	adj	/ˈsuːtəb(ə)l/	right for a particular purpose, person, or situation	It's difficult for students to find suitable accommodation.
survey	***	n C / v	/ˈsɜː(r)veɪ/	a set of questions that you ask a large number of people or organizations	This survey shows the percentage of single-parent households in each area.
tear	**	n C	/teə(r)/	a drop of liquid that comes from your eye when you cry	Her eyes filled with tears.
theme park		n C	/ˈθiːm ˌpɑː(r)k/	a large park where people pay to play games and have fun and where all the entertainment is designed according to one theme	We're taking him to a theme park as a treat for his birthday.
turn down		v	/ˈtɜː(r)n ˌdaʊn/	to not accept an offer or request	How could you turn down such a fantastic job?
unfair	**	adj	/ˌʌn ˈfeə(r)/	not fair or reasonable	Their claim for unfair dismissal will be properly investigated.
unisex		adj	/ˈjuːnɪˌseks/	for both men and women	The shop sells unisex clothing.

Words	Frequency of Use	Part of speech	Phonetic Spelling	Definition	Sample Sentence
vast	**	adj	/vɑ:st/	extremely large	People flocked to the show in vast numbers.
vehicle	***	n C	/'vi:tɪk(ə)l/	a machine that you travel in or on, especially one with an engine that travels on roads, for example a car, bus, van, truck, or motorcycle	Watch out for oncoming vehicles.
vulnerable	**	adj	/'vʌln(ə)rəb(ə)l/	someone who is vulnerable is weak or easy to hurt physically or mentally	When I gave him the money, he looked so vulnerable, like a little boy.